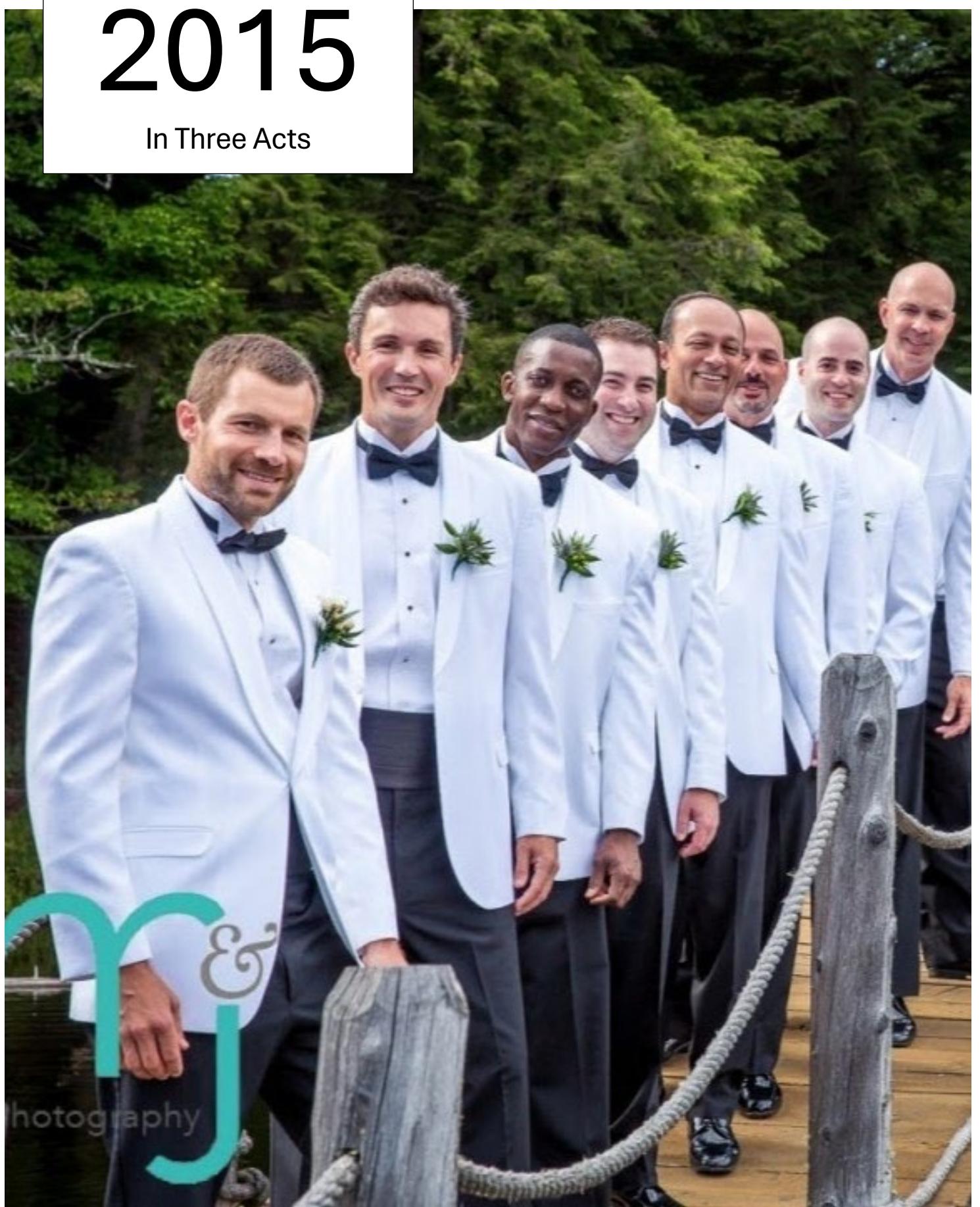


2015

In Three Acts



2015 – A YEAR IN THREE ACTS

In early adulthood, I'd only journal when I took a long trip. My first travel journal is from the summer of 1996 when I visited friends in South Africa and Zimbabwe. A cross-country driving trip followed in the summer of 1998, where I wrote in depth about seeing family and friends along the way. Three years later, I chronicled my month trying to learn Spanish in Guatemala. Uncharacteristically, I didn't journal about my 2003 trip to England and France with my dad, nor did I write a single word about the circuitous bus trip I took from Philadelphia back to Los Angeles when I returned from Europe. Every time I haven't written about a trip, I've regretted it – especially once the sands of time settle and my memories fade.

My magnum opus came in 2009. I decided that come Labor Day I'd leave my job and walk from West Hebron, NY (where I was born) to New Orleans, LA. As soon as I started planning for that walk, I found that I was back to journaling about my experiences. This time I'd graduated from faxing/emailing updates out to friends to blogging on my own website. That site is now defunct, but I still remember the name: Poorman Walking. That blog lasted most of the year – all the way to New Orleans – so today, if I want to go back and see what I was doing/thinking in 2009, a lot of primary source evidence exists (*at least the bits I was comfortable sharing with the public*).

The private side of journaling interests me even more. I love a journal that was written with the expectation that it would *never* be read by someone else. The kind of candor that allows – showing off both human light and shadow – is what I find most engrossing. I'd dipped my toes into those waters over the years but never stuck with that practice for a longer period of time. Often, they were more like "free writes", lacking in grammar and in narrative structure. Looking back, those are the ones I enjoy reading most of all: me as my most candid and complicated self.

After my walk to New Orleans, my intermittent "confessional" journaling came in fits and starts. There are snippets of diaries from all the years 2010-2013. All are partial and of varying lengths, but they delightfully candid. I am not the hero in those pages, just a bumbling protagonist repeatedly making the same mistakes. What I didn't know was that my journal-keeping impulse was taking the baby steps needed to become something more sustained and consistent. Then I got a call from my uncle.

In the autumn of 2014, my uncle was suffering from late-stage Lou Gehrig's disease. He didn't have long to live, the disease was untreatable, and his daughter (who lived next door to him in upstate New York) needed help providing him 24-hour care. I moved up to New York to live with him. The six months that I was with John (he died on Easter morning the following year) became, quite naturally, a deeply reflective period in my life. I grappled daily with the reality of death – both John's and, more subconsciously, my own at some unknown point in the future. As the Paul Simon lyric goes: *They say all roads lead to a river / Then one day that river comes to your door / How will the builder of bridges deliver us all to the far away shore*.

John's bridge was immediately in front of us. Mine wasn't ... yet. But someday, somehow, it was coming. Toward the second half of my time with John, I started writing things I'd done that day on colored index cards. They don't provide much information or context, but I was marking my path. Those continued up until roughly two weeks before John died. I've included them here in this Chronicle of 2015 as the first of three acts. They, together with the eulogy I gave at John's funeral, are Act 1.

Act 2 is the journal I kept on a cross-country car trip that started in mid-August 2015 when I was best-man at my friend's wedding in the Adirondacks. The trip continued across parts of Canada, back into the US, out to Oakland, down to Southern California, over to Las Vegas and then back east. I got back to Bryn Mawr, PA on the day I turned 42: September 14, 2015.

Act 3 are scans of the moleskin journal I started on October 20, 2015. The moleskin journals (confusingly written left to right on the page) became a true "religious" practice. I kept at them daily for a full eight years, finally petering out in the autumn of 2023 after turning 50. At that point, having lost the inspiration, I turned to the task of archiving those I had. So, the notes around each page in blue ink are reflections from eight years in the future and the scribblings in pencil are the primary sources themselves: what I was thinking about and what I was doing in the present moment. Well, as close to the Present as one can hope. Usually, I wrote about the previous day the next morning when I woke up. If anyone ever reads any of this, know that only the eulogy was ever written with the intention that it would be read by eyes other than my own. What you are getting is life at its most honest, fractured, confused, silly ... add whatever other adjectives you can muster. It is Life Itself. (*This introduction was written in 2025*)

Thurs, Jan 1.

9:00 Feeding 9:30-11:30 Read 12:00 Shower/Eat 12:30 Cobleskill CVS /
Walmart (buy pants) 2:00 John Shower/talk to Thembi 3-4 Walk 5 Workout
Night: Oregon v Florida St. Rose Bowl w/ John

Friday, Jan 2

7:30 -10:30 Drive to NYC (Hardcore History, Bullseye Comedy, HoR) 11:30 Workout
12:00 Lunch. Arch walk Broadway/57th/6th/Rock Center/Bryant Park/Madison/
Lexington/Madison Square / Strand Books / El Dorado / Keisha / back to Penny
8:30 Ursula's Apt 11:00 pm Walk to 72nd UWS (pizza w/ girls asking ages) Station
12:30 Walk to Paramount to see CeCe 3:30 am Leave to walk back to Ray's
4:15 am Sleep.

Saturday, Jan. 3

10:15 Wake up 10:30-12:00 Walk to 125th & ACP 12:30-2:30 Kady & Beau
2:30-3:00 Walk to 96th Lex (Library) / train to 59th / walk to Fika 4:00-6:00 Tea w/ Jan
6:00 Walk back to Ray's 7-10:30 Drive to John's (Hok, Dan, Carl, in)

Sunday, Jan 4

9am Feeding 9:30-11:30 read 11:30 Shower 12:30 Feeding / John Shower
1:30-3:30 Colts-Bengals 3:30-4:45 Walk (Krista Tippett) 5-6 Coke, Feeding
6-7:30 Cowboys game (Chris Christie) 8-10 Burns: 1920 baseball 11:00 pm Sleep.

Monday, Jan 5

Walk: Prof. Blastoff w/ Moshe Kasher Burning Man / Rave
Watch: Burns Baseball 20's: Babe Ruth's caught stealing to end '26 WS
- Read more on Lou Gehrig. (Whoops, this was Sun) / Suntag to get to sleep

Tuesday, Jan 6

No heat from Geo-Thermal

"We need an ^{on HBO} erotics of art"
(not so much a critique)

Watch: Memory TED Talk NPR - The Present is 3 seconds, All memories are reconstructed.

Watch: The Trip (Gentleman, we rise at dawn)

Wednesday

Harold came to fix Geo-Thermal (Michele)

Walk: None Too effin' cold.

No Gore

Watch: 30 for 30 Randy Mass

Thursday, Jan 8

8:30 Wake-up Cat missing & leaky Geo Thermal

Walk: Paul Thomas Anderson w/ Marc (River Walk)

Watch: 1930s Burns baseball (Gehrig, Feller, Negro Leagues)

Friday, Jan 9th

7:30am / Read Philippa Schuyler (dad's 1927 press)

Caught Jasper outside / Walk Town & River (end of PTA with Marion, then MiBi)

Watch Altman documentary.

Saturday, Jan 10 (Endel + Kady bday)

7:30 / Read Okrent → Long convo w/ Noah

Talk to Alyssa, Annette / Walk Town & River (end MiBi, Hollywood Canteen)

Watch: Pats - Ravens (Pats win), Seahawks - Panthers (Sea) / Text w/ Oyechi

Sunday, Jan 11 (2-year office non-job anniversary)

7:30 / Read Steinberg / John no shower / watch Cowboys lose to Packers (Dez catch)

Talk to Thembu / Short Walk (no prod) / Colts-Broncos, Golden Globes

Talk to Renise / Beginning of Togetherness Ham sandwich

Monday, Jan 12

8:30 / Read Okrent / Read Hilton Als "Michael" / John Shower needed help

Grocery Shopping (Mason/Applaw w: Cash) / Walk-Molly & shovels / Extras ☺

Oregon - OSU Championship Game. / Call Line / Read Zee/ot

Tuesday, Jan 13

Wed, Jan 14

7:30 / Steinberg / Molly to PetSmart (Gimmers Klosterman) / Walk around
Iroquois Lake / Walk-Molly (Clark Gable/Carol Lombard) - then Startup
Core / dinner / French Connection / NYer Bread Fiction / Texting w/
Nikki n: Selma / Broad City Premier / Sleep w/o any circ.

Thursday, Jan 15th

8:30 / Read Schuyler book / John shower (helped up) / PJs w LaToya
Walk (MiB) river route / Pizza Night (music talk w/ youth group)
Watch Red with John / Finish HBO Togetherness in mom / 10:30 asleep

Friday, Jan 16

Parents arrive - lunch - talk (Charlie Heids) / Dog walk/run w/ Dad
My walk pt 2 MiB. Dinner w/ whole family / they watched Casablanca -
I sat at kitchen table online / slept downstairs.

Saturday, Jan 17

wakeup 6am / Read DR 6:30-7:30 / Shower, Leave for NYC @ 8 / Hardcore History (90min) then music, then Bouncy Boys NYS Pavilion / Arr @ FM Corona Park 11am - walk round the pavilion then post soccer game ^(The Champs - Headbangers) up around the Pool of Industry to Unisphere / Museum opens @ 12 noon - Panorama of NYC !! / Another walk round the park / Drive to Hollis to meet Annie / The Do or Jamaican res. (ext-mil, goat head soup) / get headphones / watch MTV / JD at her apt.

Drive home through NJ across Throgs Neck (Listen: End Champs; Invisibilia: House of Run) Arrive back 11:30pm

Sunday, Jan 18

Mom and Dad left @ 2; convo @ table about prayer from kids church; no walk crazy Seahawks comeback (Ray critical about everything); John late shower

Monday, Jan. 19

Broke Molly's harness running; Marc-Mike Judge (DIY attitude); Clemente's last game (71 WS) on YouTube; Jim Gaffigan on Netflix - hard laugh w/ John hotel stationery; afternoon - Girls seeac winter's workshop; Togetherness ep 2.

Tuesday, Jan 20

"A Day that went to Plan" Read/Shower/Shop (Walmart)/Nap/Walk (BS Report)
Watch (Burns 1940s) / Talk (LaToya) / sleep
Richard Price piece on Public Housing

Wed., Jan 21

Coyote Sighting - photo tracks cold! ; Harold visit (talker) ;
John shower, my shower ; watched old vid G.O. ; walk (Simmons-Dunham, Barr)
Watch 1952 WS Yanks-Dodgers ; Trip to Italy ;

Thursday,
Friday, Jan 23

Read Gopnik in 2010 Nobel Poet / Talk to LaToya before hair appt
Walk (Mi Blazers) / Watch Italian Movie Shop hair in then UK Office ep 3 USA ep

Friday

Saturday, Jan 24

Zealot / Rock memoir / discuss Boston drive/shower J.O. / 3pm tea w/ DR book
Walk (Champs-Elysées) / Righteousness? / Cloud formation, monkey in tree, bench in grassy
ch. sandwich salad / Station Agent (the quiet joys of being who you are with a few other
people) Szymborzka Map / The End and the Beginning / Consolation

"Some one must clean up after war" "Darwin. They say he likes to
read novels to relax."

Saturday, Jan 25

Read. Trip to Catnap bookstore brought Month of Sundays and O'Malley book
No extra walk - just Molly (Penn Station sucks 99% I)
Watched NYerter Presents w/ John. Talk to Nikki J.O. / J, JM watched P.T. / JM

Sunday, Jan 26

Read / Do Lunch / Talk to Ursula / Walk (BB-Billie Holiday, Mirand July → Janet Frame
and Simon Rich) / Care / Watch: Renoir / Instruct Kisha

Monday, Jan 27

Read / Do John's lunch / Shower / Walk @ 3 - Dance, Ricky Jay, Al Michaels
LaToya J.O. / Mom call n: Laurel / Late feeding @ 6pm / Watch Muscle Shoals
(cult of professional success, not personal) / Blizzard that failed to materialize

Tuesday, Jan 28

Read (finished Zelbst & Steinberg Gotham Unbound) / Shower, Eat, John Shower
GO. v. only / Walk (Invisibility-Fear !!) Shower / Care / Dinner 7/12 memory
discussion w/ Clemente / Watch Burns 1950: - NY Centric / Watch: Togetherness
and Girls

Wed. Jan 28

A day lost to history - oh, listened to Amy Schumer on walk.
Watched Ricky Jay documentary.

Thursday, Jan 29

John's ALS Appt / Java place on Wolf Rd (Papa New Guinea) / John and Michele really down in spirits / Late lunch feeding (new cup) / Wall (M.B) / Pizza night / Nap on sofa / Kentucky-Mizzou / John on floor 1 am.

Friday, Jan 30

Read (DR) ; Walk (BK-Marc Moran Tracy Chapman show)
Watch (1986 Sox-Angels; 1/2 Catching Hell)

Saturday, Jan 31

Walk @ 4am to watch Serena win Aussie Open. / downstairs @ 6am up to the room 10-12 (Cullette) / lunch, John shower / bath (Radiolab foiled) watch Nova game then end of catching hell w/ Matthew / Mikayla & John watched movie and I napped upstairs.

Sunday, Feb 1 (Super Bowl Sunday)

Watch part of Djokovic-Murray @ 4am / back to sleep / Read
Only dog walk / talk to Endel (best man) / Super Bowl with John then Peter and Matthew (Crazy NE interception @ 1-yard line) / Talk to Jackie. John stuck on bed.

Monday, Feb 2

SNOW, SNOW, SNOW (cold, fine) Read O'Malley / Shovel (Fresh Air Religion Anthology editor) / Watch Man Seeking Woman / Shovel again (BS Report on SB) / Watch: Ametize (details, quirks of life)

Tuesday, Feb 3

Read (O'Malley, Lin-Manuel NY) / John shower / Watch: Inning 8 Walk (Mann-Gaffigan) / Watch: Broad City, Americans John's credit card success.

Wed, Feb 4

Read (O'Malley, Angeli) / Poem work / Parks & Rec / Walk (Bumfights 10; 3 Healy Limericks) Talk to Laurel / Watch 2 Extras and Jim Gaffigan (05) Kaufman Sport Century.

Thurs, Feb 5

Read O'Malley, research Newcombe / guy comes to fix John's toilet / Grocery store (Criminal NC; NCR-Autore.) / Broad City (HILARIOUS ep 4) Shows dancing in the wind on walk and in roadways / Really cold Showt Molly walk, then mine (MiB) / Pizza Night (05 Dodge Twins Gm 7) Watch Nebraska (Scene when the men are watching football) also read Chimamanda's piece on depression!

Friday, Feb 6 (day one of Ogechi fast)

Read O'Malley, Keri (lost contract), Verdacci / Bi-pap training / shower and John's watch Men Seeking Woman (couple up, neither) / Walk (Reply All, Baldwin ~J. More) talk to John w/ helping him more in shower / Watch Queen to Play / Americans

Sat, Feb 7

coffee, 7:45 North London Derby (late Harry Kane winner) / Molly vet appt.
Boston w/ J³M canceled / watch P.G.D. / Walk (House of Run-Queen H.)
Watch NB Track 3 Remembrance the Stone / Americans b/f bed.

WIRM: Ordering Ogechi's We-V and getting Dawn's nice Velvet card.

Sunday, Feb 8

coffee, read O'Malley, Peter stops by w/ Jewett book / shower
watch Parks & Rec / G.O. / short nap / Walk in light snow (T.O.E./Duplass
end) / Core / dinner and Jewett read / Watch: Extras (2) / Better Call
Saul / 90's Reds / W.I.R.M.: how different 1836 is from now - oh, the
wonderful Bertrand Russell summary in Brain Pickings. (Re-read)

Monday, Feb 9

snowing lightly all night and morning / finish O'Malley book / new NYer day -
read Remnick ^{on} Dylan and Left Shark piece / shower (Jewitts) / shovel
watch John Oliver / walk (Invisibilia - categories) / drive to Stewarts / Core /
kids come over / Crabcakes / Watch Burns (Top of the North) / Better Call
Saul & What I Will Remember: Snow bay creek, untouched, deep, amorphous,
quiet, still

Tuesday Feb 10

coffee, read Gangs of NY, shower at 9:30, leave for Laurel's @ 10. Beautiful
drive near Arapaho - deep snow, rolling valleys, visit w/ Laurel and friend,
Five Guys Glen Falls [Listen: Maron - Linklater, TAL - Gps, Kurt B., Andy & B.V.]

John's shower (shampoo-washer), CORE, Burns Bottom Nini, Talk w/JM kids
homework, watch HBO The Jinx.

Wednesday, Feb 11

read Helen Jewett, research Boston parking, bi-pap visit, shower lunch
walk (MiB), talk to LaToya G.O., 4:30 daily walk, core, dinner,
Jeff-Stewart Williams clip, Melancholy piece, watch Inning by Inning ("
Pleasure is a choice; do what you love and go ahead and fail; reminds me
of Dimitri Martin"); Watch Win Season 5, ep 1

Thursday, Feb 12

Read. Nursing visitor (Insurance) - I'm upstairs. Bad reaction to spray in John's
mouth. Long afternoon for me and Michele. Walk (MiB and Den arrive. Visit. Show Dad few things. Schedule next 2 months

Friday, Feb 13

Leave 9:15am: Drive to Boston listen to Champs (Rats rapper), HoR (Coburn) then
MDSM (Margaux Cho); Lunch Starbucks Newton; Check-in, airport, back
to Hotel. Sex w/ Ogechi, then High Maintenance (stomach cancer, survivors)
then Thai Food on Mass Ave → her brothers. Back to hotel. Nap (all NF and
GO late (Zum)

Saturday, Feb 14

Shower. Go to Boston Public Library @ 10. Coffee / consonant. Read til 12.
Walk toward Cambridge over Mass Ave bridge (sheet of snow) listening to
Andy G - Bob Odenkirk. Lunch at Flour (great Roast beef), then walk
around MIT listening to TED podcast on misconceptions. Sit in MIT

food court and read Szymborska. Walk to Hotel listening to Fresh Air interview w/ Polish director of Ida. Watch Ida on lounge chair w/ snow falls outside - beautiful and melancholic. Workout to Hock on HULU. Then downstairs to read. Ogechi returns. Play with the We-Vibe together - she loves it. Then I go get PF Changs amidst the storm and we watch two more HM (actually, this was before sex) - teaching intern, Dithmas Park. Watch Friends on Netflix

Sunday, Feb 15

(crazy blowing snow patterns i-88)

Blizzard in AM. Stay in bed. Hotel coffee/tea. Talk and I G.O. Shower, pack, watch 2 last H.M (Mushrooms and Crazy chick dealer/STOMP girl) breakfast @ Hotel Restaurant. Dug Ogechi off. Drive back (Simmons, E. Fonor, Invincible between, music) feeding. Kids 7-8. Watch SNL w/ Jenn.

Monday, Feb 16

new pattern: wake at 8:30 bc stay up later to help John get in bed. Decide to drive JGM to Albany Med Neurology appt. / Starbucks tea / Wiper Fluid / Panera Croissant. Read in waiting room. Drive (Invisibilia: Synesthesia) Chilli in mom until 3:30. Talk to Latoya G.O. / Walk Molly / Cope / Evening: Watch Aberdeen (dark!) and Extras ep. / Talk to Jackie and Nikki (edge.)

Tuesday, Feb 17

drive to Cobleskill, then Hannaford (listen Kurt B.), lunch feeding, JGM leaves for Syracuse, bi-pop, record (Bob: Marry the wrong person) Walk (Nyer 90 piece) Cope; Fajitas ; Watch Mostly Martha (German); Togethemer; Talk to Nikki

Wed., Feb 18

All day @ the table desk. Read; Gehring, Key & Peele (NYer), Langston (NYer), old profile of Gehring "The Little Heine" and Barney Josephson (Cafe Society) Walk (Simmons/SNL/Jerko); Core; Dinner / Man reading on computer; Syracuse-Louisville game on in background. (Talk to Nikki (night 3))

Thurs., Feb 19

Art-story.

Table desk. Read Gehring, Faith Griffin/Columbia; Jevity arrives; bi-pap Remnick on Malcolm X; shaver John (more duties); lunch; man reading 2:30 talk with LaToya (edgy); Walk w/o Molly (cold!) Remnick Fresh Air; Core (Simmons-Seth); dinner; Burns Bottom 10th PEDs, 1994 strike, Bonds. Talk to Nikki on Skype 6:0.

Friday, Feb 20

Read Schuyler, ~~Remnick~~ Remnick archives (Roth), Gehring.; bi-pap (2hr); Heidi called (remember 6/6); feeding then shave, face wash. Down 3 Smiths visit; Walk (Freakonomics-Terrorism; YMCA-Lenox Hill) No Core; Watch Extras (finish); Talk to Jenkie DC NOGO.

Saturday, Feb 21

Read Gehring, et al. Research on Col. Ruppert, Yorkville brewery; how legends grow; After lunch went to Colonie Center (ReplyAll-Dating > 60, Start Up end season) Drive to Stayversant Plaza (Read Harlem Nocturne). Drive back in snow; No walk; Core (House of Run); John said; watch Frances Ha! Talk to Kus

Sunday, Feb 22

Read Gehrig. Research walking tour for Ray's Prison. John shower @ Walk on sunny warmer day - On Being on Love/Relationships. Then Simmons - Haribo. No core. Dinner. Matthew then Mikayla. No movie. John doc on Billy Bean. I read old NYers - Als and Cole on Baldwin. Upstairs chat w/ Ray n' Oscars.

Monday, Feb 23

John still w/ stomach problem. No 9am feeding. Read Gehrig and Thom. No br/p. Quick G.O to BTR / Shower / Grocery shopping Walmart (Marion-Dear Martin guy) Walk (Simmons-Kobe) / Bill Burr / Core / Watch Virunga ~~Garfield~~ doc / SNL John couldn't lay down on bed / down in chair for night; rough. pre-
-

Tuesday, Feb 24

Terrible day for John - head, stomach. Can't get comfortable or set sleep.

Read Gehrig, Thom. Feeding @ 10. Rest again. Upstairs in room from after lunch til 3:30. Molly walk (HVL - Mamawther); Core. John feels best around 4/5. Watch Burns Inning 21.

Wed, Feb 25

Gehrig, Thom. John still not well. Ginger Ale in cherr: shave, shirt, compress, hair. Visit from nurse went well. To my room after lunch - G.O., shower. 3:30 Walk (M.B - Oliver); Core: Map Work 796th; Watch Cirque de Soleil, then Better Call Saul upstairs. John fell once but slept better.

John Peter Zenger

Thurs, Feb. 26:

John feeling bit better. Read Gehrig, Thrun, think about 196, quiet morning, Ranch, John shower, my shower, Walk (Kurt & wife), Coke, Pizza Night, Seinfeld clip, Fantasy bball research, Matthew mock draft, Portlandia, upstairs: Jinx ep2.

Friday, Feb 27

Normal morning (John and I now both down by 6ish); read Gehrig and Thrun. Opening of Carrot Barn - lunch. Walk (Simmons - Kluteman) Molly walk (Simmons/Hor.) ; afternoon M&B network; Watch HBO Real sports, upstairs read Thrun; start watching ManSeekW - sleep.

Sat, Feb 28

down @ 6:15 / Thrun, Gehrig, NYer ²⁰⁰⁵ on Tony Kushner, Seymour poem, 2005 memories, lunch, shower, early ^{McPot} walk, Colonia Center (FOCUS), Whole Foods, back @ 8:20pm, feeding, tired, asleep by 11pm.

Sunday, March 1

Gehrig, Old NYer, John in chair - quiet Sunday morning / feeding then shower / lunch then walk (Mann-Schwartzman), then fast out John in car and it becomes clear Boston is a bad idea. / talk w/ Michele, then feeling watch Tiny (inspiring) then Last Man on Earth then upstairs. John gets in bed at 11:40, then by 12:40 calls w/ help w/ pants - he went to the chair.

Monday, March 2

downstairs 6:15ish. Normal morning reading. John tired he slept most of night in chair. Lunch, shower (G.O. to GWA Swahili), walk at 3:30 - This American Life (Regrets - I've had a few); Intentional talk, dinner, watch World's Fastest Indian (passion!); read Plowshares NYer article

Tuesday, March 3

Cheryl came @ 8. Worked w/ her on shower unit/ 10. Carrot Barn read and cedar donut. Lunch. AVAPS apppt. Phillies game. Walk (HuAL), Cove, Dinner, then stomach problems for John. Got bad - opened tube 2x. Finally settled (watching Kite) and was able to give meds, then GINGER ale and Myolax. He slept downstairs. No calls. I watched Togetherness then 2222

Wed 4 Thur ³ 4/5

Wed fitting cancelled. John too tired. I talked to Kisha. @ Night G.O.

Thursday Cheryl came. John feeling better after bad headache. heat Jevity. Walk to C-B - Papa Neutrino. (M,B) ~~then~~ Kershaw Spring Training. Molly Walk. JM birthday pizza. Late dinner John. Watch Alamar. Upstairs - watch Brazil City, start Men Seeking. Sleep.

Friday, Feb 6

Quiet morning. John in chair until 10:30. Email Alec W., Read. Watch 21P of Hamels; Grocery store (long farm-Gospel); Molly walk (HOR) - John reading - Walk alone; John sleep - early dinner for me. Ate too much Watch Kimmy S. - then Miracles and Men w/ John. Upstairs by 9:15. →

finished with Getting and Throwing.

Saturday, Feb 7 March

Angela came 8-12. Showered and then hung out 10-12 in my room.

Lunch, then Phillies game. Walk at 3:30 and then back for dinner.

Dinner upset John's stomach and starting around 9 we were in bathroom with him writhing. Meds. Settled down somewhat around 10 upstairs. Watched B.C.S.

Sunday, Feb 7 March 8

emails! Nikki, Carolyn, John T., Bill W., read Mathewson, look at Aug trip NYC photos, Shower, Lunch, Yank-Nets, Walk (Little Italy), Shower, pitchin dinner, watch Babette's Feast, then upstairs. watch Tigethorness. ^{skip}

Monday, Feb 9 March 9

Pretty normal day, as far as normal goes. Stopped by the clerk on my walk for Molly's rabies. Listen to NCK Podcast. Watched Two Men Go To War (full aleep). 40s temps, very soggy walks.

Tuesday, Feb 10 March 10

Cheryl aside; things went smoothly; walk to Carrot Barn - Rita Hayworth pod + Alec book; Molly Vet; John GI trip; Walk (Larry David - Dave Davies) Watch Man on Wire; talk to Nikki.

THE SHAPE OF TREES.

Wednesday Feb 11 March 11

\$122 part - part two weeks from today. Girl's guide to sexual purity LA \$300.18

Wed (cont.)

Carrot Ram sandwich from Michelle; shower; early walk (Simmons then KChile); Talk to LaToya; Molly walk (Philip Levine); Core (HDL); Dinner, watch Clips-Thunder, upstairs by 9:45 watch MoN FXX; John

Thursday - Saturday (random memories) March 12-14

The look of pained suffering on John's face; the two of us sleeping downstairs w/ Molly. The conversation amidst pain where he expressed his thanks and talked about difference b/w weakness and sickness. HOP, Delia ^{Maron} on phone. Debauge song and Jodeci near Bethlehem. Soggy walk and Japanese balloon bombs @ Haverford. Smoke and Candlelight and loud music w/ Spencer. Huge cum w/ Jodeci on phone. There will be days ~~that~~ like this (Starbucks)

(cont) 12th-14th Cont.

Saturday morning individual bingo - Szenboroka @ Starbucks - Gopnik and Munro at Ludington along Lancaster. A walk and a long line of cars @ Haverford. Bum on Bush/Clinton 3 Ruy Rice, Carolla and RZA (her Moses and Jesus comments); the dinner party game w/ Nikki; over sushi and then drink, reading each other's texts: using the monster - her eyes when I hit her. ~~Reagan~~; close up of Okolo's face before winning 400 inches in world's best time; Chus kick in the one miles.

Sunday, March 15

Nikki Leaves, Starbucks (Gopnik, Szy), Raspberries. Walk (Champs Jemal) Chat-Ray, leave @ 4 Gibson stop (TAL, Radiolab, music), Regular night tired - John sleeps downstairs

Monday, March 16

Normal morning - quiet, brilliant sun. Read Darwin. 2006 mem. Shinner. Lasagne. @ Upstairs time 3:15pm walk (Simmons - Kimball) Carolla stories and Baby Doll). Core. Dinner. Last M.O.E.; Flight of the Red Balloon (what?!); Talk to Jackie G.O.; Dream about Claire

Tuesday, March 17

Cheryl @ 8. ~~BB~~ Archives 2007/2008 emails. Carrot Barn - Darwin. Nutritionist call. Upstairs til 3:15. Watch baseball / tennis on laptop downstairs. Blue block water waves in cornfield. Dinner. Mrs Paltrow @ the Claremont. Upstairs - Better Call Saul ordered.

Wed, March 18

Finish Angels & Ayas. Email Nash HB. Write Ogashi a letter. Windy as all get out. Grocery shopping @ Hannaford. No walk. Lazy. Watch bball @ night. Upstairs - Americans season 2.

Thursday, March 19

Normal morning Cheryl here. Read Gopnik Q&A and art historian friend pieces. Walk to CB (HOP); Read Harlem great FO Soup, watch NCAA Tourny. 3:30 walk Molly, Batone. Core. Pizza night w/ kids 800 timing question. Watch Nova game w/ Matthew DOMINATE, other game endings. Good night watch Math Seeking Women finale and Broad City finale (earlier) dream about Courtney Okolo.

Friday, March 20

Read *Harlem* in morning - Revolutionary talkbits.

Saturday, March 21

College basketball is one big scrum. Dark Clouds on the Eastern horizon. Robert Carlock is a witty bloke. There is little I love more, or can discuss over beer, than a map. The drive, at night, when sexually engaged, to establish a mental connection, however tenuous, that is somewhat human. Life itself, is on Netflix now. Villanova being Villanova in 2nd Round of Tournament. UCLA covered, as they did that campfire 2 hours at the McM granol. Michelle. Tattoos. ~~Diversity is strength~~

Sunday, March 22

Rough day. J stomach / mouth. Throw up in chair before shower, then again at night. Talk to Dad on phone

Monday, March 23

flush - back to My Lair ; Gopnik - Atkins : walk "Down by the River"; Samava ; Last Man on Earth : Carrot Burn - Har Nosture, clam pie.. COLD-WIND. Glory of the stars @ night.

Tuesday, March 24 : cold, but sunny, less wind. Tough shower w/Cheryl ; Carrot Burn lunch K-Ome, back @3pm. Molly walk 7:00-6:30 AM. John asleep, Watch James Baker PBS

John Phillips Poorman (April 17, 1950 – April 5, 2015)

It's great to have this chance to come together today and celebrate John's life. Being together in one place with so many others, each with our own special memories, we feel the *full sense* of a life well lived - John as a brother, a father, a grandfather, a friend and a colleague, and, most personally, as an uncle.

It is also comforting to know that after this service is over, when we go back to our daily lives, the celebration goes with us. Because remembering John's life is also a journey that we take on our own, day after day, week after week, as life reminds us of moments we shared with him; moments of laughter, moments of learning, even the quiet moments that can't be described, only felt.

The courage John displayed near the end of his life is fresh in our minds. But as I take my memories of John with me in the years ahead, the ones I will most cherish are of beginnings. The beginnings of my life. The beginnings of John's life in upstate New York. A time when my brother and I were lucky enough to have a young uncle living just a short car ride away - a drive John seemed to make every weekend, every holiday, every family celebration.

So allow me to celebrate John as the youthful, creative, caring uncle in the flower of his 20s -- wearing blue jeans, a wide collared shirt with two buttons undone, his thick shock of black hair and always his easy smile . That image of John springs instantly to life. When I was five, that age where memory snaps into focus, John felt like a big brother, but with superpowers: a big brother with keys to the adult word. He had a puppy named Buff, a sleek red Mazda RX7 and an apartment along a magical wooded lane near Glass Lake.

John was a comet of creativity who always left a trail of imagination in the wake of his visits. He showed me and my brother his love by continually expanding our possibilities for play. What more could two young boys ask for? John would build us elaborate model forts and people them with toy soldiers. He made us an indoor playhouse with secret hiding places, trap doors and an aluminum slide. He drew pictures of our favorite athletes. He could turn our dining table into a weekend racetrack. He even created board games from scratch, tailored to our specific interests. All from the fertile spring of his imagination.

We basked in his attention, and took it for granted that other kids might not be as lucky to have an uncle as attentive as John. Looking back with the perspective of age, and having since been an uncle in my 20s to two young boys, I can now fully appreciate what a gift he gave the two of us - through the creativity of his mind, through the consistency of his presence.

When my family moved far away from upstate NY, John's influence never waned. He sent tapes and letters when I lived in Zimbabwe, gave me drawing lessons as a teenager, programmed a baseball game for me to play on his early Kaypro computer. He was there to celebrate when I graduated college. He visited Aaron and me when we lived in California. In my mind's eye I can picture John with us in Los Angeles - the three musketeers from the Glass Lake days now all grown up - and in my brother's arms the next generation, my own nephew Marco.

John was always my model for what kind of uncle I wanted to be. So it was a privilege, not a duty, to have the chance to live with him these last six months. I knew I didn't have to be the creative force John was for me. Simply by being Present as his life ended I could be a reflection of him - a compassionate echo of the impact his Presence had on my beginning.

I want to add one last thought about John's creative example. Spending time with John always motivated me to be more artistic. These last six months were no different. John sensed my particular roadblocks and would tell me - in his patient, unassuming way - not to let my desire for perfection get in the way of getting things done. Completing a project, even if it is only 80 or 90% as good as I imagined it would be, is better than not creating anything at all. I reminded myself of that wisdom as I struggled to write this, because it is impossible to do *perfect* justice in words to the impact he had on me.

There are so many more memories - inside jokes, family stories, baseball tales - that I'll hold onto privately. It makes me happy that all of you will do the same - that the moments John shared with each of you will continue to live on in your hearts, will continue to bring smiles, will continue to impart wisdom. That's cause for celebration.

Note: To preserve historical accuracy, I didn't copy-edit this diary. Spelling errors and all are included. I was trying to get things I had done down on paper, not be eloquent of grammatically graceful. Enjoy.

Thursday, August 13

Listening to music (Charles, Wonder, etc.) more than podcasts. An easy drive all told, with beautiful views of mountains and streams once I left the Northway. Directions were easy with the PDF but cell service scarce. Arrived at Top Ridge and ran into Endel on the golf cart - great timing. Set up in the Caretaker cottage with him and (later) Vogel and Fernanda and Chad and Shana. Cocktail cruise sitting next to Nej and Juergen and Anne Raymond's sister-in-law from Missouri. Red wine on the lake. I instantly liked Rob Raymond - such a genuine, open guy. Human pairings are endlessly fascinating. Ping Pong with Endel before dinner. I took him down as always. The main lodge room with all the animals heads from the C.W. Post days. Long talk with John down at the pier.

Friday, August 14

Great hike up the St. Regis trail. Endel, Meg and I in the lead. Sweat pouring off us. The wind at the top and good lord, the views, unobstructed by much (if any) human development. The group snacking at the top, punctuated by posing for the drone camera. A pregnant woman and a 3-year-old making it up. Endel and I walking down solo, talking about anxieties. Meeting Chad and Shana shortly after returning. My own anxiety about my short speech that night. Endel reading me his in the Caretaker cottage. Meeting up at the Lodge at 4pm for rehearsal. Not liking Frank Nattle at first. Getting over it. The groomsmen being like a heard of cats - nobody listening to what was going on. Why am I so aware of doing what I'm supposed to be doing? The outside rehearsal dinner by the stones - sitting at the head table with Raymonds and Liiases. Nailing my speech and leaving out the Munro quote, but still coopting her spark of life line. The sense of relief after. Endel dropping the hammer with his heartfelt speech, and the line about Nejla that especially made me laugh. Larger party shifting back to the main lodge - the hot, hot, hot Liberian girl from Charlottesville. Talking to Peter's Nanny about Matt Green. Long talk with Dwight about Geneva Global days - his continued annoyance at the fake deals like SINADI. Down on the dock late night with Vogel and Fernanda (falling asleep in her chair) and Frank and Fiorito and Jurgen talking about Catholicism, et al.

Saturday, August 15 (Endel & Kate's Wedding Day)

Took my own walk toward the Top Ridge gate and then along the little lake ridge, listening to the Coney Island postcard story. Thought I'd like to do something like that. Saw the small otter on the wooden plank. Reminded me of Oscar from my children's book. Walk back fully along the lake path. Calming. Listening to Jo Williams band break-up story on DS&M. Hanging out with the boys at the little beach. The water slide was a blast. Swimming in the lake. The zip line. Throwing the football and trying to catch it in all kinds of permutations. Nipping my foot but soldiering on. The guys ogling the Nanny in his bikini. The dogs running around in the water and barking. A quick boat ride on the lake with the groomsmen minus Serge (who was always AWOL) and Vogel. Back at the Caretaker - trying to figure out how to put on the tux. Beers and convo with the other groomsmen. Pictures both inside and out. The Abbey Road Beatles pictures across the lane. The weather holding off for the wedding. When I walked up, catching the eye of the Liberian girl from VA and holding it that extra second. Watching the Raymonds and Endel tear up at different points in the service. Oh, and back of the chapel with Vogel and Endel right before the processional - pics of Endel hanging himself. Distant sounds of thunder toward the end. Waiting around by the chapel after for pictures, talking to the bridesmaids, sipping drinks and appetizer tacos. Reception - drinking vodka and cranberries. Sitting with Chad, Kyle, Peyton and Francis. Talked to pastor and husband from Restoration. Talked to Gary for a long while. Talked to Dwight again. Guys at my table, Buddy Marruci story from Francis. Footloose dance - dance floor packed. Good energy. Went back to the caretaker briefly to take off bowtie and jacket. Back for sliders and fries and milkshake. I was partied out. Back to caretaker at about 12:15pm. Heard Endel and Kate come in briefly at around 12:30. Then went up to Endel's room and slept there.

Sunday, August 16

Up early and had coffee and went to pick up car with some others. Breakfast with the crew outside on the deck Left at 10:30am. Easy drive to Plattsburgh and then to border. Security guard caught me in an unintentional lie that I then walked back. Weirdly embarrassing but he let me through anyway. Can still see his buzzcut head. Being in French speaking area put me on guard. No problem finding Tashi's place. Checked in around 2pm after lunch at Tim Horton's and getting some cash from the ATM. Chilled in the apartment until late in the afternoon, then walked Jean Talon east a ways and then south along main thoroughfare and got Sushi. Continued to the St. Joseph's Oratory and people watched and gazed off over the outskirts of Montreal into the western horizon. Walked through the Stations of the Cross garden, where the butterfly landed on my hand, all while listening to HOR podcast. Got text from Mom that Van died, as well as Janet's father the same night as Frank. Wow. The women crawling up on their knees. Interesting to see such submission and devotion while reading my Kindle book about the psychological origins of religion and God. Walked about along Avenue Victoria, picked up a soda and lemon biscuits on the way home. Spent the night calling the phone lines on Skype. Ultimately unsuccessful although I ended up getting off with Annette from St. Louis.

Monday, August 17

The slow start in the morning. How much sugar I put in the coffee. The great meal of oxtail at Caribe Curry House - eaten to the last drop. Thinking I could eat there every meal while in Montreal. Listening to Alice Munro Nobel Interview and being buoyed that she is the rare elder who doesn't despair for the world. Re-listening to his story Axis and picking up new inflection points. The pond with construction around it in Mount Royal Park. The gorgeous overlook at the Chateau with its various pictures of Montreal from above throughout the past couple hundred years. The tourists I rubbed shoulders with, all taking pictures (some with selfie sticks). Refilling my water and sitting in the shade and AC from time to time on a hot day. The scorched lawn of McGill University and the steep incline down into downtown Montreal. Browsing at the bookstore and reading the Letter from Williamsburg in the Best Essays of 2014 edited by John Jeremiah Sullivan. The street photography of Montreal from the late 60s, early 70s on display on the street. Old Montreal with its tourist sheik nod to provincial French towns, packed with consumerism. How Montreal has managed to make its riverfront thrive - zip lines, lounging lakes, food carts, etc. The packed-in restaurants along St. Denis with its bullpens of outside seating. The long walk back West as the afternoon grew longer on Rue Sherbrooke, listening to an Irish man try to sort out the history of a killer with his same surname. The glowing hotels and stately museums of the Golden Mile - a pair of expensive looking sunglasses forgotten on a stone wall. Waiting for my body to announce its own hunger. Dvorak's Symphony for a New World, listened to again, just over a week after doing so while walking the UWS. Make it back to Brit & Chips, which I had seen the previous evening. Had a Steak & Veg pastie and chips that was delicious. I devoured it after a long day of walking. Back over to Avenue Victoria behind a woman with dark skin and a nice ass with three kids in tow. Back to the apartment just before 8pm. Could have fallen asleep right away but instead showered and got into bed around 9pm, watching two women in an adjoining apartment through the window go through their nightly routine. Ultimately I called the lines again and had a very disappointing orgasm. Maybe I should be done with that. What pleasure is it really giving me? I could be reading. I love reading.

Tuesday, August 18

Around Tashi's apartment until 10:15. Coffee and reading at the table as with the day before. I read the Lauren Groff short story about the girl who is homeless in Florida for a while. Hearing her read Alice Munro on the NYer Fiction Podcast the day before got me to go in search of her story. I enjoyed it. Started writing these stream-of-consciousness day recaps. Took a shower and did some pushups but no core work. Went for a last walk around the Avenue Victoria neighborhood with its teeming mix of immigrant communities - Indian, Vietnamese, Jamaican, Middle Eastern. Got flossers at the pharmacy and then some fruit from an Indian store where the owners were barking at each other, making it a bit of a cacophony. I continued to have my problems with how best to store the slippery Canadian currency that doesn't fold well. Ordered takeaway at Caribe Curry House - mutton roti and a beef patty. Should have gotten the jerk chicken platter but was thinking it wouldn't travel as well back to the apartment. Listened to HUAL on that one-hour plus jaunt. Ate at the counter and watched John Oliver takedown

evangelists with their own TV shows on YouTube. Tashi's parents came and I headed out onto the Canadian highways, pointed south west. Listened to a bit of Alice Munro before giving up due to CD skipping and going back to music. Had a fun time listening to Soul Grooves and remembering being in the basement of Cindi Buckman's home in South Plainfield circa 1994. Drive was almost 3.5 hours on the dot. Going over the bridge to Prince Edward County reminded me of going to Newport with Nikki Charles. It's a very rural county. Checked in, met Don, had a quick snooze, and hit the road to the Sandbanks Park around 5pm. Parked near the beach and listened to Alec and Penn Jillette as I explored the Lake Ontario coastline - first the sand and then the rocks below a miniature cliff where the waves lapped up near my walking route. It was peaceful and beautiful and far from overcrowded. When I made it out farthest into the rock outcropping I could hardly see another soul. Was surprised to learn that Penn and Jillette started out in Philly as street performers. Back in car just in time for a lightening storm to roll in. Some really good cracks in the air that made me jump. Headed to Bloomfield where there is an ice cream store that was supposed to be amazing. It didn't disappoint. I ordered the white chocolate raspberry and sat in my car as the rain fell down, looking out onto the main street of Bloomfield, thinking that eating something that good was more satisfying to me at this stage of life than sex. Drove back to Picton (I had ate the patty in the car for dinner on the way to ice cream, dropping pasty flakes all over my shirt), got gas and then parked back at the painted house. Only stayed up as long as it was light out, then got in bed and took a while to fall asleep with the fan humming overhead.

Wednesday, August 19

Walk to Tim Horton's early and get a wrap and a coffee. Read Michael Cunningham's fiction piece in the NYer (Gnome wants a child). Morning walk up to the Bird House Lawn and then through that park, back down to the Painted House. Off to Bird Conservatory Point, stop for lunch first. Had an amazing ham and cheese quiche at this country store along with a thick rice krispy treat. Took a walk around the conservatory point, but it wasn't that impressive and kept walking into spider webs. No one around. Listening to week 2 pod of Men in Blazers. Then stopped at Little Bluff Park and walked a ways through the woods and then down onto a secluded rock beat that was heavenly. Crisp, clear water. I sat on the bleached rocks with my feet in the water and watched a sailboat float and anchor near the small bay. The sun was out and it was completely peaceful. I left and walked the path back to the car and drove to Wapoos Winery where I sat by the bay and then took the tour with the nice heavy set woman. Bought two bottles of wine for hospitality gifts. Drove back and decided to head out for dinner and then drive to North Point Provincial Park to watch the sunset. Had fish and chips at this local place in Picton. Nice slap of fried halibut as the owners were worrying about schedules. Walked home and then drove for ice cream again (peanut butter and honey this time) and then took the road to the beach, listening to Mr. Holland Opus soundtrack. Couldn't drive in so parked on the street with some others and walked in. Gorgeous sunset, walking on the beach and listening to Memory Palace with Nate Dimeo. Drove back in dusk, arrived home when dark. Showered and to bed by 10.

Thursday, August 20

Another early walk to Tim Horton's. Developmentally disabled woman with the newly blonde hair. The older men still holding court by the window. Walked through town a bit and then back. Did my core and pushups, showered and left a little after 9am. Driving was peaceful along one. Listened to Billy Holiday and thought of sending Claire an anonymous postcard with the lyrics to P.S. I love you. Once I was about to leave Prince Edward County the sky opened up and it rained hard. Got on 401 and listened to the end of HOR Beijing Preview for the first 70 minutes. Got into the outskirts of Toronto and it started raining again. Considered ploughing on to London, but went into Toronto anyway, trusting it would let up. Was easy finding parking on a residential street near High Park. Popped into an independent bookstore and bought a copy of Alice Munro's My Favorite Stories. Started raining again and ducked into a high end pizza place for lunch - had their 2013 Pizza Expo winning concoction with sausage and mushrooms. Tasted amazing. Transferred from there to a coffee shop called Extra Butter for an Americano and a donut and more reading. Sat outside after a bit and listened to this talkative real estate guy with a dog chat away to a woman incessantly, to the point where I was annoyed. Took a walk through High Park listening to The Champs. It is more overgrown than Central Park, but if I lived in Toronto I'm sure I'd learn to love it. It had some nice vistas and

a pleasant lake. Continued out of the park and onto Queen Street: tons of antiques and tattoo parlors and hip restaurants and boutiques. Then it got poorer as I turned onto Lansdowne and finally made my way back to the car about 4. I remember that place woman dressed as a goth with the weird hair cut on the West Side street. Drove a long last leg south and west, singing Billy Joel songs, with the sun out among bulbous clouds, until I got to Waterloo. Thought about walking at a park only to find - yet again - that so many parks have day fees here. Instead drove on to Elmira and ate at Harveys. Teenage girl there with brother and mother and I felt sure she was flirting with me with her eyes. Who knows. Walked to the grocery store and saw a Mennonite Family with a horse and buggy that had a car's interior without the sides and top. Drove to the park behind Cheryl and Brad's house and read some Munro until it was time to go there. Chatted with them for about a half hour about travel and life and about the house and then went up to the room. I was in bed by 9 and asleep almost instantly. I woke up around 3 and had some problems getting back to sleep but inevitably found a way to continue resting and then sleeping until 6:10am.

Friday, August 21

Saw Brad early in the morning - got coffee. Chilled upstairs while they cleared out to work. Went out for a run 4x around the park listening to Burr. Had some breakfast - Annie flew out the door. Did a load of laundry. Left at around 11. Cloudy and rainy at first but then the blue sky came out with beautiful, full white clouds. Gorgeous farmland on the drive to Wingham. Parked on the outskirts of town and walked in along the main road, taking a right to walk up the hill as Alice would have to the school. Then past the radio station and back down, past nice houses with pretty flowers. That side of town is clearly the more wealthy. Walked up and down main until I ducked into Grumpy's Restaurant for a Bacon Cheeseburger and Raspberry Pie at the counter. Walked to end of town and around the nature trail listening to Maron and Sinbad. Full loop, then back along main street to the car. Drove route 4 listening to Munro stories to Blythe, then over to Auburn and into Goderich. Parked around the spoke of the main circle and walked toward Lake Huron. Wide streets and stately homes on the walk to the Goderich Harbor. Looked out from park above. Two-toned blue water in the lake. Huge, huge lake. Walked down, stopped myself from getting ice cream and continued along the lake. Nice group of people on benches, looking out over the lake. Found a spot a ways down and read Turkey Season. Took a nap on a bench. Watched family and dogs in the water - dog swam WAY out. Walked up the steep steps to the lighthouse outlook, then back to the town circle. Iced coffee and back on the road, listening to old jams. Got to Stratford, parked across the river, walked to the main district area, got a turkey burger and ate it by the river. Guy playing the piano outside the food joint. Walked along the river listening to Nate Dimeo podcast about Rendezvous and beaver hats. Back to the car and drive back to Elmira as the day waned. Arrived back and Brad in the driveway with neighbor, listening to guitar guy some houses away. Watched some of the IAAF marathon coverage and then went to bed.

Saturday, August 22

Long drive day from Elmira - Elkhart. Got up and watched T&F. Took an early run first and the dew soaked my shoes. Then I had breakfast: French toast and fresh peaches with Cheryl and Brad. Saw the 100m semi-final where Bolt stumbled but still advanced. Also watched Mo Farah win the 10K. Then hit the road at about 9:30am. Drove 401 all the way through Canada. Used up my last Canadian cash. Border crossing at Ambassador Bridge - waited for about 30 minutes while the customs agents dicked around. The guy questioned me for about 5 minutes it seemed. Basically told him my life story. Finally got through and blazed on through Michigan to Ann Arbor. Got out and walked around the UMich campus. Texted wolf a picture of the law quadrangle. Got an iced coffee at Starbucks. Listened to the end of Jeff Ross and Rogan. Drove final 2.5 hours to Elkhart. Got there and talked with Jim for a while in the living room and then in for dinner: pepper steak and rice and green beans followed by cookies and ice cream. We talked a lot about ancestry and I helped him a little on [ancestry.com](https://www.ancestry.com) find the records for his father. Went to bed around my normal time.

Sunday, August 23

Up early, thought about running, but my shoes were still too wet. Instead I drove to Starbucks and got a coffee and came back to the house. Jim made breakfast: oatmeal and fresh melon and we ate together while we watched the W 1500 semi and then the men's 100 final where Bolt nipped Gatlin at the line in 9.79. Thrilling race. Took a shower and was on the road by 10 - which was really 9am central. Listened to Les Misérables in the morning drive. Hit a huge rainstorm coming across Illinois. Early lunch at a McD's and the one into Iowa. Also listened to some Dickens. Then punctuated the drive with some Ragtime. Got to Omaha about 6:15pm, needing a walk. Walked around the downtown entertainment district, bought a couple of old postcards, then got a chicken cheesesteak and walked to the lake park and ate. took a fast stroll around the lake listening to Zulu Charlie episode of The Memory Palace. Drove to where I THOUGHT I was staying that night. Couldn't find the address and so I looked on the app and saw I was supposed to be in Lincoln, not Omaha. Texted Sarah and said whoops: be there in 45 minutes. Hauled ass on 80 as the sun set and all that was left was the twilight. Got there at 8:50 and settled in and went right to sleep after watching some 400mW heats and booking a reward night from Hotels.com at the Best Western in Wyoming.

Monday, August 24

Lincoln, NE to Evanston, WY. Nebraska was a slog. No other way to put it than that, especially Western Nebraska. Not scenic at all and a gradual increase in elevation. Car getting less gas mileage. I think I listened to Maron and Jerrod that morning. Interesting conversation. Wyoming had much nicer views and I started using cruise control which helped immensely. Now high up in the elevation of the Rockies chain. Wyoming was just as long as Nebraska. 11 hours of driving at least. All rolled into endless horizons and mountains and open space. Ran low on gas in Wyoming in the afternoon because gas stations are rare, even along the highway. Got to Evanston around 8ish. Turkey Burger at the local place across from hotel. Watched TV and knocked out instead of calling Collette.

Tuesday, August 25

Evanston, WY (Best Western) to Lake Merritt. Long ass drive. Had it on cruise control almost the entire time until I made it to the Reno area. Gorgeous wide-open spaces. Utah salt flats between SLC and Wendover especially. So peaceful first part of the day. Had a pretty good rhythm driving. Traffic greatly picked up at Reno. Listened to Mamas and Papas on crossing the CA border, same place as Aaron and I did in March of 1996, 19 years ago. Up the Sierras and then the LONG drive back down - 40 miles. Flying down past trucks, then out onto the Sacramento flats with the afternoon sun beating down on the Prius. Late afternoon driving is the toughest - the mind and body are tired. Not too much traffic getting into Oakland. I got there a bit early - at 7:15pm. Had some great Shrimp Burritos. Chilled with Marcia. Watched some Portlandia. Hit the hay around 9pm. Marcia insisted I use her bed while I was there.

Wednesday, August 26

First full day in Oakland. Watched track early as had become my habit. Had taken my run around the lake by 8am and did core. Relaxed at Marcia's in the morning, doing some reading and emailing, then went to Trader Joes to buy some lunch stuff. Cute employee on the fruit aisle. Went back, had lunch, then went out for a long afternoon walk, up Grand, into the cemetery and looking back out over the Bay area, listening to Zadie and Chimamanda. Fantastic afternoon - just blissful. I liked walking among the graves, looking at lives that had been lived and are no more. It doesn't scare or spook me. Went to a small library for a bit. Listened to a Colbert pod. Read a bit about Einstein. Worked my way down Piedmont, then Broadway, into downtown Oakland. Browsed a bookstore for a while, but didn't buy anything. Walked back on Grand and to Marcia's. She was already home, chilling. She cooked pasta with meatballs. We ate our fill and watched The Big Lebowski. I texted LaToya, thinking about the Jesus purple outfit. Listened to the interview with the Coens. Was singing the song from the movie "See what my condition my condition is in". Went to bed early.

Thursday, August 27

Woke up and watched track. I think this was the morning that Bolt blew away Gatlin in the 200. Went to take a run and then do core - listened to Rog and Davo. Had the whole morning to myself. Called a couple lines on Marcia's phone. They were boring - hardly anyone on the west coast. Called an east coast one and talked to a batty woman in Pittsburgh. Those lines are really a dead end but something about the process is still enticing. I should think about this more and write about it. Didn't cum, because I suspected O and I would have sex later. Had my salad, got ready and drove to pick up O at 1:25. Saw her place - kind of haphazard, like a college house. Lives with Melissa and Lindsay. Met Chuks the cat who is hilariously explorative with everything. We drove to Pleasanton for her laser eye surgery. She was in good spirits but anxious. I walked the mall while the procedure took place, listening to a bit of Reply All and then reading Gladwell NYer chat about IAAF. Drove back and got to her house again in good time. She had gotten a Polaroid camera in the mail. Played around with that. Had sex. Lindsay probably heard. Then I went out and got Thai food. We watched some Trevor Noah on Netflix and went to bed early.

Friday, August 28

Woke up at Ogechi's. Watched the IAAF on the floor at the foot of her bed. Went for an early coffee at Starbucks at Safeway on foot, listening to podcast about Flying by BA pilot. Went for a 3.1 mile run with O. Showered up and watched her cat Chuks play around on the floor while I shot darts and stare up at the flying darts. We drove to Oakland and had breakfast at Kitchen 388 - our spot. We talked about a lot of things - the perspective years give, meeting again in 10 years, jokes like that. She liked my, "life isn't about shoulds and should nots - it's about coulds and consequences" that I got from Conversations with God. We hung out at Marcia's a bit and she napped. I watched Wet Hot American Summer. Drove her back home. Came back and relaxed and had a couple glasses of white wine. Had one of those moments on the couch - around 3pm - looking at the reflection of the window in the TV and feeling completely at peace in the moment. Beautiful, those moments are. Marcia came home and we rallied to head out. Walked to get her an iced coffee, then met up with Jenn, then walked some more, talking to people they knew along the way. Found our way to the other side of the lake and I got Marcia and I some food at the Peruvian truck. Then we continued on to the inside/outside bar and had a beer, then to another bar and had a couple more. The second place was louder, a bit hipper, and they knew the manager and a couple of the bartenders. For some reason, this trip I was noticing how judgmental Marcia can be, her quick annoyance with other people. Anyway, a fun night. Ubered home and then Jenn tried on wedding dresses while I was on the couch, unworried that I was seeing her in various stages of undress. I knocked out around 11:30, although it felt much later.

Saturday, August 29

Woke up and did not run. My knee was feeling a little iffy. Crazy early for the IAAF so I went back to sleep and took a nap. After we both got going, we stayed around the house until we walked over to near Broadway and Grand to have brunch at Luka's. I had the steak and eggs. So good. The hangar kind of steak I love. We had some oysters. I busted her balls about GOT and we talked shop. Waiter worked there just for poll position for Monday table reservations. Walked back. Took a nap. I was hoping to catch her aggressively masturbating. It wasn't to be. Pulled the car around and then headed to Ogechi's. Went to Starbucks first. Got to O's right at 2. She was ready to go. We drove up the steep ass hill and along the ridge into Berkeley. Parked in the garage right by Memorial Stadium. Then grabbed a snack for O and headed up the steps to the trail. Great hike. Beautiful. Honest conversation. Think I gave her some great advice. Who knows, she is still 24. She will live and learn. But we will stay friends - that I know. Got to the top and were there by ourselves. Felt the wind. Looked out over the expanse of the Bay in all directions. It was perfect. A faster trip down. Drove out of campus while people were arriving for a Hall and Oates concert. Got gas. Went back to her crib. Her eyes were still hurting so she rested a bit and then we got ready to go into Oakland. After finding parking we got to Kingston 11 and was told that no food was coming out of the kitchen for 30 minutes. We were starving so we went out in search of better options. Found myself BACK AT LUKA'S for the second time that day. Food was really good though. Had a great meal and went home like two 65 year old spouses and fell asleep early. No sex. I was fine with it - absolutely fine.

Sunday, August 30

I woke up early and walked to Starbucks. Asian guy talking to himself and taking timed pictures in the Safeway. Bizarre. Mental illness, man. Got back to O's house and we got ready, showered and set off for brunch in Berkeley at this place called Meal Ticket. Pancakes and a creole scramble that we shared. Excellente. Took her back home and then I said goodbye and hit the open road. I wanted to get to LA by 7. Turns out I got there closer to 6:15pm. On the road I listened to some Steinbeck, which was excellent. The drive itself was a bit boring. The stretch from the Mountains into Santa Clarita and then the Valley was the most tiring. I just wanted to be there already. Bright sunny day with no cloud cover. Went to Simply Wholesome first thing. First sip of Trinidadian Peanut Juice was like heaven on my tongue. Great tradition. Took it and parked on Don Lorenzo and walked the back way into Kenneth Hahn. Glorious evening. Walked first half hour or so without listening to anything. Just looking, smelling, appreciating. After I toolled half way around Janice's Green I threw in my headphones and listened to a Memory Palace - run of the river - about the death of some falls in the Pacific Northwest that once was a spectacle of salmon fishing. Then listened to interview with Fun Home creators. Walked my typical path and soaked in the views of the basin and over to the Pacific. I love Kenneth Hahn park. Then switched to listening to Dvorak to take me home, back into Janice's Green, watch the sun set, then back around to my car. Arrived at Noah's. Went to the Post and Beam with him, Dipti and Korin. Good conversation - sharing food. Noah picked up check, as always. Such a generous dude. Back home and went to sleep in the TV room. Muggy with little air flow but a fan helped and I fell asleep on part of the green sofa.

Monday, August 31

Woke up pretty early and walked past Tak's and grabbed a styrofoam cup of coffee. Vowed to do Starbucks for rest of the week. After the walk got home and suited up and did my run at Jackie Robinson track. Good to get out there after missing two days of running. Back to the house and shower up. Korin is there packing. I spend day one of LA by going to the beach. Tempted to get a massage but I don't. Vees for lunch and then up to Kenneth Hahn to walk off the meal. Drive to Venice beach around 2pm after letting screen door guys in. Nice walk, but hot, along the strip, and to the SM pier, listening to Neal, Moshe and Nicole Byer. Love that pod when they have someone who is candid about their dating and sex life. Walk back along roads, mostly Main, then back to the strip. Drive back home via Venice Blvd., then the traffic jam around Rodeo Drive Target. Go out to dinner at Factory Kitchen. Holy shit. That place is good. The pesto pasta ... the pork! ... the chick pea fritters. Fuck me. Nice, long dinner with good discussion. Back home and I crashed in Noah's office on the inflatable mattress.

Tuesday, September 1

Same routine. Although I got up a bit later. Starbucks to have coffee and read. Cute woman outside with dog. Back to Noah's then to the track. After the track, shower up, laze around, get tempted again, but hold strong, and decide to take the day in Westwood. Drive to Versailles for lunch (garlic chicken with plantains) with those big fuckers also at the bar. Then to my parking spot along Westwood and the long walk to UCLA listening to House of Run Beijing recap. Not much has changed along that route, although the typical new construction at UCLA, but it is comforting to take it every year and chill on campus. Walked up to the track stadium. Volleyball team. Along Glendon and back toward the Westside Pavilion. Hit up the Coffee Bean and Tea Leaf then back to the car - listened to Whitney when driving away in honor of August 2003. Shit, that was 12 years ago. Drove from there to the Baldwin Hills overlook. Up the stairs, nice thigh burn. Then back down via the swerving path. The hot, fit chick in dreads and her stomach out going up and down. Couldn't tell how old she was but I'll probably remember her more than any other woman I've seen and lusted over. Listen to Baldwin talk to the Lion King lady during that walk. Get back to Noah's as he and D are headed out to grab a bite with her mom. They come back around 8:30 and he and I shoot down to the Blue Whale to see the jazz trio - Dan Schnelle or something. They kick ass, especially the pianist, who is out of this world with his improvising. Rumi poem on the ceiling. Stay until around 11 and come home and was going to crash but end up calling the line. Talk to one woman - dominant from SD - offline for a bit but don't get off.

Wednesday, September 2

Third and last full day in LA. Wake up late and do my Starbucks circuit. Manage to go take a run despite my internal opposition. Come back to do my core work. Lunch with Katrice fell through so I researched best slices in LA and found a place on Hyperion over by Estee's first apartment. Drove over there and the slices were worth it. Then drove the length of Santa Monica Blvd. to get to West Hollywood, in honor of seeing the movie Tangerine. Parked on Alta Vista after listening to Keith Green on Fountain. Walked down to the Laugh Factory, listening to Memory Palace on N.B. Forrest Statue in Memphis and then back, taking in the sights. Bought two sticks of Starburst at Rock n Roll Ralph's for \$1. Then drove down to the ArcLight. Saw Diary of a Teenaged Girl. Very good, unlike any depiction I've seen of teenage female sexuality. I'd first heard of it when in Elmira, ON. After the movie I got a 33 gram protein smoothie and headed to Griffith Park. Started at the tennis courts, as always, at 5:15 and headed up listening to Tara Branch on FOF and FOMO. So peaceful. I love that walk with all my heart. The views. The reflection. The little side paths to overlooks. The expanse on both sides. After Branch listened to the NYer Fiction Podcast where the Boyle short story was read. Wow. Talk about intense. Heard the very end of it while watching the sun set over the Santa Monica mountains. Perfect afternoon. Jogged down at a quicker pace and drove to the busiest In-n-Out in the world, at Sunset and Orange. Got a double-double animal style and animal fries and attacked it like I was starving. Cute friends just behind me, one with fake pony tails. So good. Drove back home via La Brea, San Vicente and Crenshaw, stopping at Phillips to get a Red Velvet Cake. Was SO full upon getting home, and N & D weren't there, that I crashed at 9:16pm and slept the whole night.

Thursday, September 3

Woke up early and chatted with Noah at the kitchen table. Said goodbye and went to Starbucks. Two guys in a verbal fight near where I was sitting - one called the other a devil. I moved outside, reading about Atlantic City craziness in the NYer. Then the woman came out moving all the tables and I gave up. Walked back home. Saw Tom Brady's suspension was overturned. Chatted with Ray for a second. Then showered and packed and headed off when Marco said he could be picked up at 11:40. Lot of traffic on Rodeo. 405 was fine except for one asshole wanting to get around me. He managed to pierce my serenity for a couple minutes. Timed it perfectly. Listened to another disc of Steinbeck on the way down after finishing Men in Blazers podcast. Pulled into Home Depot parking lot at 11:37. Marco got there about 10 minutes later. Lunch at Wendy's, then back home to chill and watch TV. Talked to Matt, then watched Tennis with Marco. I went to Ivan's game at 4:30, played at West Hills at 5:15. Good crowd, bright sun, blue field. First half on home side, then across the way with the East Lake folks. Ivan covered kick offs and was in as a receiver a bit in the second half. Was in on a 2nd half kickoff fumble. His team won easily, 41-21. Drove home and had a fiasco ordering at the Carne Asada fries so I got my money back after 25 minutes and went to Wings n Things for Marco and Ivan. Brought the food back home and devoured it, talking to Claudia and the boys. Went to bed around 10ish, maybe a little before. Slept well.

Friday, September 4

Kids went to school. I dropped Marco off and picked him up. Took a run during the morning. Great being back on that path along the mountains and looking out over Otay lake. One of my yearly traditions that I quite enjoy. We had lunch at Rubio's, then stopped by the bookstore where I looked for the Adam Gopnik forward and we had Starbucks and then back home. Chilled there until Ivan came back and we all mounted up to go to Claudia's parents' house for his party. Typical gathering with all the usual suspects plus Matt's parents, who are very nice. Threw the football out back. Hands game. Pancake cake. Gifts. Maudy being more sarcastic and "working blue" more than I remember. Renee showing up later from football. Always ready to go about an hour before we do. Matt and I standing outside for a while. I drove the kids back in Claudia's car.

Saturday, September 5

Ivan's friends slept over. I took a run. We played three on three touch football at the park and I won both times - only Renee was never on my team. Best play was a full field TD bomb to Ivan the first game. It was exhausting out in the hot sun with Ivan and Renee speeding around. Went back home, showered up, went to see the movie Straight out of Compton at the Mall. I had some Swedish Fish to eat. Interesting movie but so slanted toward's Dre

and Cube's perspectives, but fun nonetheless. Ate our dinner at Island Burgers where we shared a cheese fries app and then Marco had a burger AND wings. Ivan and I shared our entrees.

Sunday, September 6

The day of the great Disc Golf match-up. Drove over after hitting the University Park 5 Guys burger. That double patty is a beast. Drove over to the course, not too long a wait and we were off in our own threesome. Ivan started out strong with a great forehand tee off but it was nip and tuck throughout the holes. Always a fun time, always backs up on that one stupid hole. Should straight up skip that one next time. On the 16th hole Ivan lost his disc. Straight up couldn't find it. We decided to pack it in since we'd been out there for almost two hours already. Hit the local Starbucks for Frappacinos and then went home. Forgot what we ended up having for dinner. Think Marco had a pizza from Little Cesears and I got a smoothie. Marco drove, cautiously. Ivan didn't go with us. Stayed up watching some TV with Claudia - she wanted to watch Twilight but I was unenthused.

Monday, September 7

Last full day in Chula Vista. We went to see the movie Dope at the Regal on H Street. Lots of nudity but damn those girls were hot. Didn't feel awkward with M&I. They both had big icees. Then we went to try Tacos El Gordo and it was seriously jammed packed. Gave up on it and Ivan mentioned a similar place back by the movie theater. Went there and each had three tacos - pretty good but not quite as good. Went home to chill for a while. Bought Marco's gift online. Ivan still undecided. Eventually went back out around dinner time and got the Carne Asada fries while playing the stop watch game (same girl at the register as Thursday night) and then I got a smoothie and Marco got Cinnamon Bites at Wings N Things. Ate back at home around the table. Marco polished off his but Ivan couldn't finish. I had one Cinnamon bite and it was the best thing ever. By previous agreement I watched some of the Twilight movies with Claudia and they were the most ridiculous things I've ever seen in my life, bar none. Talked to Mommy SD a bit late at night but then Matt came home early. I was annoyed that I couldn't fall asleep with him watching ESPN. He finally went up around 2am and I called her again and we got off together. Crashed out. She was kind of disappointed that after I came I had no motivation to meet up with her the next morning. She just isn't attractive enough for me.

Tuesday, September 8

Woke up early but Marco wasn't ready at 6. He and Claudia got into it about missing his first class. We left at 6:40 instead. Said goodbye and he was off. Went back home and did a load of laundry quick but didn't run. Packed and headed out before Matt was up. Got on the open road and there was some traffic getting to the 15. Listened to Rogan and Leno on the way to Riverside. Listened to a little Steinbeck but not much. El Cajon Pass, through Victorville and before I knew it I was in Barstow around 11:30am. Ate at a Panera Bread and then back on the road, loading up The Counting Crows and Blues Traveler. The next hour to Baker and beyond might have been my private highlight of the trip. I was so into the music and my memories, the words and the melody and the vistas and the longing for a time that was no longer between me and Aaron. It touched a deep part of me that I can't explain. I was present out in the High Desert, completely accepting of where I was, not wanting to be anywhere else, be with anyone else. Listened to radio a bit between state line and Vegas and then at that turn around the hill where Vegas comes into view I found some Tupac and listened to California Dreamin and How Do you Want it rolling past the strip. Hard time finding the Downtown Grand Parking garage but eventually sorted it out. Checked in and was pleased with the hotel. Got a run in. Grabbed a smoothie. Took a one-time stroll down Fremont. Went back to the room, watched some tennis. Talked to Mommy SD a bit and then went back out at night for a couple hours. Escort at the G Nugget slot machine that said hey. She was cute but I didn't bite. Girls dancing on outside bars. Got two slices of pizza at the plaza at the far end of Fremont and then a Rice Krispy bar. Was ravenous. Was able to hold off and not make any bad decisions after midnight.

Wednesday, September 9

Full day in Vegas. Woke up and had a smoothie. Took a run on the treadmill. Then snoozed a bit while waiting for final plans with Paul. Met him at Broadway Pizza over by the Metro Police station with his partner. Had a good hour's chat about Aaron and life and kids. Said adieu, got some gas and drove around for a bit, and it dawned on me I wasn't going to find Aaron unless I was straight up lucky around the Fremont Experience. Ended up back at the hotel and chilled for a bit. Went out for a salad and brought it back to eat while watching Tennis and the finale of Key and Peele. That ended at 8pm and I set out. Walked around for the next four hours, people watching up and down Fremont. Sat at the bar once near a poker room next to what I thought was an escort. Eyeballed a couple others. In and out of the G Nugget. Kept an eye out for Aaron. Didn't come back in until after 12am but kept my money. Odd feeling, a lonely feeling, walking those streets among the reverie. Like Jesus in the desert.

Thursday, September 10

Woke up in Vegas and wanted to push off by 8am. Had a crazy long day on the road. Grabbed a smoothie from my spot and headed south and then east, over the Hoover Dam and down into Northern Arizona. Northern Arizona and New Mexico are some beautiful high desert, but it was all I had to look at, hour after hour. Stopped at a McDonalds in Flagstaff for lunch and downloaded some Eagles songs, which I proceeded to listen to and sing at the top of my lungs on the way to Winslow, AZ (such a fine sight to see). The music and the singing was one of the private glories of the road. I drove and drove and drove and I lost an hour and so this was the day that I didn't reach my ambitious target by sunset. Instead I got to Tuscumari, NM around 9pm, checked in at the motel 6, ill advisedly paid for their crappy internet and settled into the bare room, doing my abs and watching the Pats-Steelers. Went to sleep but didn't sleep well.

Friday, September 11

Woke up at the crappy Motel 6 and pushed off with a crap cup of coffee as the sun rose. Shorter drive day than the one before - just 7 hours. Detour off the highway in the beginning for a huge accident with a truck. Then it was just the open road. Got rainy for a bit. Stopped into Starbucks and got a free birthday drink although it didn't scan properly. Listened to the TED podcast on Fear. Stopped and had lunch just shy of Oklahoma City at Panera Bread and was following the Serena semifinal on the ESPN app and saw that she lost. Was bummed out a bit. Drove the last stretch - which always feels long - to Tulsa and was there by 3:45pm. Hung out at the library, texted Nneoma and ended up getting there early, about 5pm. Hit it off right away. She was friendly and open. We went on the lookout for a corkscrew and ended up getting groceries for breakfast at the same time. Came home and she showered and was clearly comfortable with her body - had a glass of wine. Went out for Mediterranean food and had some mezze and shawarma and falafel while we talked about life and love and sex. Then went to get a drink - both chose ones with ginger beer, but hers had Tequila and was pinkish and mine had rum and was brown. She finished hers first. Walked around Tulsa at night talking and flirting. I thought about fucking her outside as that is one of her fantasies, but I didn't. We went home and I took a shower and soon after I sat in front of her on the bed and slipped off her top and took down her panties and we were at it. Made ample use of her magic wand. She made me cum twice, which is amazing. Completely tore the room apart. Lots of kissing. Lots of looking at each other in the eye. Lots of smiling and laughs. Lots of laying under the fan and drinking water with lemon in it. Finally crashed out and went to sleep.

Saturday, September 12

Woke up at Nneoma's early after not sleeping great because of a sore throat, as the sun was rising. We fucked again and I came in her pussy for a third time. That's pretty darn amazing. Three times in 12 hours. I took a shower and she started breakfast. After my shower I helped by cutting the potatoes and the onions and the garlic. We had omelets and fresh honeydew sitting on the floor looking out the window at the river and Tulsa behind. I felt comfortable with her energy. It was time to say goodbye but we fooled around for about 15 minutes and I was inside her again, but I didn't cum. Finally pulled myself away and she walked me out to the car. Hit the open road

and I was groggy in the first leg. Ended up resting my eyes briefly at a McDonalds for a bit until a call from Anita woke me up. Got some food and hit the road again and found a rhythm through the rest of Oklahoma and Arkansas. Thought about the West Memphis Three before going over the Mississippi River. Thought about Robe and Irene through Memphis. Listened to RadioLab about the Rhino shoot on the stretch between Memphis and Nashville. Arrived at Lorene's at about 7:02pm - right on time. Anita was already there. Tennessee - Oklahoma game was already on, Tenn up 17-3. We talked for a while and then went to dinner at a nice chain type place that had the game on. Really good salad and then pork chops and asparagus and an overly sweet banana dessert while Tenn crapped the bed and ended up losing to the Sooners in OT. Drove home and went to bed pretty quickly. Was starting to feel the head cold for the first time.

Sunday, September 13

Woke up at Lorene's a bit later than I wanted. 7am Central Time. Had taken Nyquil. Had some coffee with her and talked a bit at the dining room table. She had packed up a piece of cake, a banana and some peanut butter crackers. Hit the road and first looked for a CVS but the one I went to was closed. Drove a bit further on 40 and ended up going to a Walmart past Crossville and got some cold medicine and Vitamin C gummies. The entire day was spent driving, driving, driving. Always notice the Sonic burger where I ate lunch on my walk before Marlyn first called me to tell me about going to the center. Stopped for Gas at Fairfield where I stayed after my rainy walk from Hannie's. Drove through Charlottesville and then on the rolling 29 highway to Culpeper with all the speed traps by the police. Got to Nancy's at about 7:04pm. Right on time once again. She was a bit different - more intentional. I could tell life had knocked her around and for the past couple of years she has clung to "The Work" as a life raft. She loves her gardening. She loves her classes. But she feels alone. How could she not? She was so sweet to make me crab cakes and a corn jumbo thing. We ate late but I ate my full. We talked about all sorts of things that I can't remember now. I was pretty honest I think. I wasn't feeling 100% but not terrible either. I went to bed at about 9:30 and slept like a log until 8.

Monday, September 14

Woke up at Nancy's. Had Peach pancakes and Raspberry Tea. Talked with Nancy at the Table. She mentioned The Work a lot, which is her spiritual path with her teacher named something Kady. Her son's death obviously weighs VERY heavy on her, as does her lack of relationship with her daughter. So much stuff has been taken away from her. It's something I don't struggle as much with that. I don't feel as though very much has been "taken away" - I guess I don't frame Aaron or Claire or John and the others I've lost in that way. I just accept it as the impermanence of life. We took a walk around the local park. She fell but was unhurt. We said that we'd make plans to have oysters in Baltimore some time and meet at the Pratt library on an R month. Hadn't heard about oysters on the R months before. Got in the car around 11 and headed home. Had to pee badly but made it to the 95 rest stop north of DC. Then stopped again at the rest stop above Baltimore and had a spicy chicken sandwich at Wendy's and a cinnamon pretzel. Drove the last stretch listening to disc 7 of Steinbeck's Travels with Charlie. It ended right at the intersection of Ardmore and Darby. Good timing as always. Stopped at the gas station, filled up the car and drove it to the Radwyn.

THE END

• Day numero UNO of eight years of moleskin journals.

October 20-22 (2015)

• all days in Bryn Mawr

Daily life is indeed less interesting/eye-arresting than the narratives we construct about it after the fact when we can shape it & give it structure.

In the moment, it is messy & disjointed, like these pages.

3 This was just a month after a torrid night of passion that Nneoma & I had in Tulsa, OK on my drive back cross-country.

2 Such a fallacy. One of the largest cognitive illusions of humanity.

3 Take a listen - so haunting, sad & beautiful.

"Levi, like most writers, made life less seem more interesting. Then it is" - Zen Thompson

Neopoker: election. It's undergone a man, you must understand his world when he was 20.

Tues Oct 20, 2015

- VF Steinbeck San Fran
- NYRB Primo Levi
- Star Wars Tie-iner Haverford
- Read Quoddy story, "Ordinary Sins"
- Sent Michele email

A letter, though it may enjoin a response, is meant to be complete in itself. - Gopnik

Excited About: Talking to Nneoma (Night) NYer Radio Hour / DC Weekend

Cubs lost again to Mets, down 3-0
I stand in long line @ Chipotle

Peds: ITAL; Tiff, SINN, Jim Miller
Kurt-Fight Club

Wed Oct 21, 2015

- Busy-ness blog Onfire
- NYTMag Disability Story
- Tracing Nneoma by text

It takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on a battlefield. - W.B. Yeats

Haverford:

Respond to Michele, Tyler, Nancy.
Start Gync letter to Nikki

HAIRCUT

→ COLORS ON RAIL
ROAD AVE NR HAVERFORD!!

Perls: HOR, ¹⁹⁶⁰
Simmons/Aparteur

Homeless Buddhist

A whole lot of us go through life assuming that we are basically right, basically all the time, about basically everything; - Kathryn Schulz (Walden) book

METS WIN PENNANT

article

Thur Oct 22, 2015

- NYTMag Terry Gross
- Difret (Eth film)
- Christchurch woman (Justin Townes Earle)
- Gopnik on J. Trudeau

I'm no longer seeking these major exclamatory notes of pleasure, I wanted life that has pleasure contained within it. - Terry Gross

Patty paid me for ALL the beers she was gone

Peds:
Fresh Air: Robin Kimmel
MIB

→ Pennsylvania Hospital @ 9am → to Florida with

H

A

M

I

L

T

N

LATE NIGHT: Watch Fargo and eat bagel sandwich

→ Tee, Pod, Interview

dem phone lines
(buckle up, it's a recurring note weaved into 8 yrs)

I am no longer seeking those major exclamatory notes of pleasure, I wanted life that has pleasure contained within it.

Food
Lobster plan on
Sunday

Chekhov "About Love" ✓

Carver "What we talk about when we talk about love" ✓
Doris Lessing

Possessions (novel)

Updike "Rabbit" book of short stories

The Good Book - fundamental ✓

Audrey Poore / Handel: Messiah / Bach: Matthew

The Thirty Year War

Abbas exhibit - Arthur Rose: Getty (Penn) ✓

The Words, Sartre

Robert Frost, Frost, Bird

Just to set the stage here, the only (2014) conventional "work" for # I was doing at this time was taking 90 year old Newt Spences out for lunch most days plus sometimes accompanying them on other trips.

I had a lot of free time. I was living with my parents in Bryn Mawr. My uncle John had passed away in April. I'd spent a month (mid Aug - mid Sept) driving across the country & back. And for some reason, on 20 Oct, I started a moleskin journal.

The Lives of Others
Mike Leigh - Berlin Stories
Life of Pi
Eternal Sunshine of the Spotless Mind

↓
The Lives of Others.
Dad & I watched it at Bala Theater ~ 2006.
Beautifully introspective film!

October 23 — 26 (2015)

✓ You could put this as the subtitle of this book
of my journals. The Power of Presence — & how hard it is
to sustain. The mind wants to go forward or back.

I absolutely ❤ walking the
National Mall in
DC!

National Mall Circuit
→ Botanical Garden →
Eastern Market →
Democracy Delights
→ down H St →
Loop WTT → Constitution
→ 14th St/Spain St → MARC

Saturday, Oct 24 2015

→ Books: NYer Radio Hour
Death, Sex, Money
WTF James Taylor!
Gist Lafayette
Simmons: NBA TV
Ta-Nehisi on the Streets of
Baltimore

LS (start for bus
> TO D.C. >

Friday, October 23rd 2015

Play/Endel is 10:45 bus
the Guest 4 (surrender)
\$325
Think about
maybe

Crab Cheddar Quiche
Key Lime Pie

Coffee (dark)

Literature is a form of fondness-for-life
It is love, for life-taking, verbiform

A Story: Honest, Direct, Loving, Restrained

It is powerful to always strive to
see everything as dear

...but I have begun to realize that, not only will the world
not mourn if I never write again, it would actually prefer it.

Writing is about charm, about fondness
and crossing and living are particular
charms. To say that "I left you on" is
not quite right — it's more like, a fixture
gets installed. — George Saunders

• Bus from
Philly to DC
10:45 am

(to visit Endel)
He & Kate were
married ~2 mos.
at this time &
living close to
Union Station.

2015
2/In 2016, it
hadn't been
published yet,
but Saunders'
novel, Lincoln In
The Bardo, would
become my
favorite audio-
book novel ever!

Went to Baltimore on
train from DC to see
my friend Joy in August
Wilson's "Fences"

Stayed the night w/ her
Saturday, then met
up w/ Nancy Halgren
(who hosted me in VA on
my 2009 walk) then
later went back to
Endel's on the train

8pm 2
everyman
theatre NITE

Finished Joe Turner Come & Gone
"If it's sweet to be right — let's
not deny it — it is downright
savory to point out that
someone else is wrong." — R. Schulz

Meet Joy's parents, drink @ bar
The Lord Baltimore Hotel: Popcorn on bed w/ Joy

Endless
wait 4
brunch
but FREE

Morning
Cottage from
Morning
Cuddle

Sunday, Oct 25 2015
Exploring of Nancy
"Food, Glorious Food"
★ Buy Oliver Tix w/ kate after Xmas

Exploring of Nancy
Enoch Pratt → Wallace
Howard St → Dog Cottages
Penn Station → St. Pauls
Visitors Art - Ryedale
Oysters

Hand-me-downs: 3 golf shirts: ½ green/gray Puma jacket
Fried chicken
Malbec

Pumpkin Pie!!
my ASS
CANDID CAMERA

Observation - Hypothesis
(must be testable)
Experiments - theory
(must be reproducible
results)
Others try to find mystery

The Scientific Method
revolutionized the world
(at least the outer world)

PODS:
The Season
Chabon
(NYRB)
Dan Carlin
- Syria

"This fellow here took 1/2 the
devil a day's work
of Joe Turner Cottages
Angel drawn
party
I remember journaling
here in 95-96, 20 yrs
ago. That journal was
later in a big storm
in Guatemala in '01

Bio note - The color
orange! Trees,
Ornate, pumpkin
Adult coloring
books

→ One of my
most regretful
"material" losses

• Bus from
Philly to DC
10:45 am

(to visit Endel)
He & Kate were
married ~2 mos.
at this time &
living close to
Union Station.

2015
2/In 2016, it
hadn't been
published yet,
but Saunders'
novel, Lincoln In
The Bardo, would
become my
favorite audio-
book novel ever!

→ Endel was miserable on this diet.

→ The inherent push vs pull between love (safety) & desire (risk/thrill)
Esther Perel writes wonderfully abt this dichotomy.

• all days in Bryn Mawr

③ "LotL" was my abbreviation for time spent on the phone lines trying to get off.

④ Not entirely true in retrospect, ... but still mostly true.

Very hard for someone to be both your anchor AND your wave. That's deep, yo.

No human being is more in love with another person to a place than any other

Dr. Spener slept the entire shift.
Red Wedding 4
Grandlana.com
II Reddit Pen Pal
PMS

HENRY	
O	
O	NY
K	

Gopnik on Camus/Satire
Gopnik on selfie pics



Thurs Oct 29, 2015

- Gordon Lish NYR
- Athene Lish NYR
- T.C. Williams/Baldwin's house in south of France

2:15
HOR
NYC PREVIEW

9:30-10:15

③ LAND of the

"She may be pretty, ah, (LotL) LOST but some day I'll get sick" of her shit." - Christchurch Woman

Justin Townes Earle

Dinner Menu:
Salmon/Sweet Potato Mash/Rice

2:15
Dinner

7:15pm

Men have one language to talk about all their hidden needs—and it's called sex (It's a hunting language) - PMS

Very hard for one person to be your anchor and your wave.

💡 The only time I enjoy writing is when it's involved in seduction ④

NYRB: St. Paul of Tarsus
2:22
Pad: Wagner/Debussy
9:00pm Ross/Coltrane



7:15

10:15pm

11:15pm

12:15am

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8:15am

- all day in Bryn Mawr

John Updike &
Adam Gopnik =
my intellectual
BLISS

more phone
lines!

Theda Freeland was my grandmother's younger sister — one of the 8 Freeland kids. She was absolutely lovely & generous to Aaron & I growing up. Her first husband died in ~76/77 and then she married a guy named Chic Thomas ~1984. She visited us with her sister (my Nonni) in 1985. Chic was a bit of a knob. But she was a gem. Rest in peace, indeed. Her younger brother died last week (Sept 18) one of the 8 is now alive & lived to at least 86 my grandmother, Christine & confusion in t

He wasn't smart enough to realize how stupid he was" -Cheese on AFCW -Gopnik postscript on Updike
Pod: Dope Div/ Cheese on F.A. -T.C. Boyle "Love of my life"
2.75 100 SPEAKERS -Alexis Wilkerson S.M. Unplanned Parenthood
This American Life Story Wrote to CQ on 
-Angelita Pet Club 8-Midnight of the LAND OF THE LOST

F	Haverford College Field
A	
R	
G	
O	

Comedy is made of realism alloyed with 

"Unlike documented how the death of credible
religious belief has been offset by sex and adultery
and malice and sports and Toyota and family
life and family altercations: -Gopnik

Catholics • Lutherans • Anabaptists.]
- The Chaos of 16th Century German Christianity. ☺]

her, Donald, just
2024), age 94. Only
— Lorene, age 97. All
yrs old, albeit Theda &
e, with devastating memory loss
ir final years.

hmm Old N.Yrs have a ton of adverts

Sun Nov 1, 2015

lepre on Faith of Fanning
Fathers of their time

Unlike on Melville N.Y.
(5/10/82)

prodigal [prod-i-guh l]
(adj)

1. a licentious or dissolute man
derivation: raken (to go, proceed) to hell - raken hell

1. wastefully or recklessly extravagant.

... and furthermore...
"What fascinated and enraged him was confidence universalized as religious faith." —Warther dinner w/ Spears & Della
"... and yet again...
He wants [God] to exist for the same reasons we all do: to be our rescuer and appetizer, to act as a confidant in our moments of crisis and to give us reassurance that, over the horizons of our deaths, we will survive." (1) NYC 26.2

...or about how I once sucked Malcolm Jamal Warner's dick at Barney's Beanery. —Your H. West (catch) FOX

BIWOTT KEITANY

The time period of the early Reformation in Europe (1520-1580) is fascinating to me for its highlighting of the narcissism of small differences. Tens of thousands of people were dying because of minor, arcane theological differences (to us at least) that are comically insignificant to us now. Ah, the human need to feel "Right"

Still an all-time favorite on a Fall day, listening to Symphony For a New World.

— Listen to 
"The Prodigal
Suite" by Keith
Green.

just a hunch

① In case you are wondering, future reader, I don't think an individual consciousness survives beyond the death horizon.

November 4—7 (2015)

• NYC

As noted below, she didn't show up

This podcast episode of On Being with Krista Tippett so moved me that it has become a yearly ritual to re-listen to it every November.

① A Zimbabwean born woman I'd connected with on a dating site, living in NYC

• NYC

② He was alive at the time — though he OD'd & died in Oct 2020. So sad!

③ I must have had dinner with Nikki Charles near Museum of Natural History. & then gone to see comedy show on 8th in East Village.

Finally to bed at 1am

Day Plan: (cryptic)

6:30-8:00 Coffee/Read

8:00-10:00 Chill/Apt

10:00-12:00 Walk, Riverside Park

(Musical) → (Gopnik, post)

1:30-3:00 Kumbi 116th Avn

3:00-4:00 Walk to Ray's (Doom)

4:00-6:00 Chill

6:00-Walk to Land Thai

7:00-Wander Bree

Fri Nov 6, 2015

Foggy...

then 23

"Spotlight"

NHOB: Heda Popper

Doltha Trumbo

LSD - Universal Empathy?

cont.

Angell on End of Baseball Season

Updike on Maxwell

Gopnik & Krista

90 min w/ Riverside, Vicks

Master of None ep. 1 ~

Stand Up by Bree

Ate @ bar of Flora do Mayo - Lomo Saltado

2:30-8:15

Concert on Stage

w/ Julian from Aw

not on Quest

Prometheus Statue w/ Kumbi

Nov 6

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unstinting



646-801-6964

Sat Nov 7, 2015

23^{60°}

Justin Townes Earle

Anthony Lane (Spectre Band)

Leave Ray's at 9am

NYer Radio Hour - down

Steve Martin NYr (start)

Amsterdam, Morningside Heights

Snapshots of a Day:

and into the Park. [Magic Wand]

Wild kids running outside bagel shop

Lexicon Valley (Dude) - then Belcera Negra photos Amsterdam

the Park, 5th Ave, Conservatory, 121st st parallel

Moer, to Kandy.

Guys we fixated w/ Neal

back to Ray's

Orange

Tide from

8th Ave Morningside Drive

Frog Legs!

Cath. Oslo - Nikki looking good in black

Holding hands under table at Eastville Comedy

Jeanine Garofoli marine comedy

Shoes hurting /Packed 1 train

Talking to Ursula on the phone

2:22

1 am

7:30 am

Pods:

Prophets of Doom

(cont.) Home Valley

Men in Blazers

2:75

Apples

Heller on Lynchburg '85 murders

Anthony Bourdain

Ethiopia

(Turbo civilization)

Ogechi

Hello, Adela → Clare pics

"When one admits that nothing is certain, one must,

I think, also add that some things are much more

nearly certain than others." - B. Russell

22

8:50-5:30

Blue Jeans Committee

Wed Nov 4, 2015

NYr on Humans of NY

7:39

Father's postscript on Chabat!

"I think Chabat understood what people

wanted, and he gave it to them."

Anthony Bourdain

Nattt

Cassandra

8:50-5:30

Ogechi

Hello, Adela → Clare pics

"When one admits that nothing is certain, one must,

I think, also add that some things are much more

nearly certain than others." - B. Russell

22

8:50-5:30

Blue Jeans Committee

I guess the truest things about me are my erasures, not my highlights.

"The truest thing about a person is that person's real story. It is just as often the things withheld — the silent things — as the things offered." — Cunningham NYr

"Robinson is deeply suspicious of our claim to know things, and his long novel attempts to tell us, again and again, that we know much less than we think we do, that intelligence and modesty in the face of mystery and complexity may be the sweetest wisdom." — Woods

Amen to this.

If only I practiced it more often.

To NYC for the weekend

I love how many deeply reflective quotes about /from what I was reading I have in these early journals — I clearly love ideas.

Ray's apartment

200 Riverside Blvd.,

New York, NY 10069

Apt 7D

Diane Birch's album 'Bible.

Belt' is an immersive experience for me. Listen on I-95 to NYC.

So many good quotes from the Kathryn Schulz book "Being Wrong"

Truly a man ahead of his time in understanding "the heavens" above

I should write this out every day.

I ❤ this quote so much!

"War and sport give humans a clarity of focus that life as a whole, in all its complexity, withholds."

Trump has proven that... as has his

Nicolaus Copernicus
Mikołaj Kopernik
(1473-1543)

2.75

Tues Nov 10, 2015
- Being Wrong (cont)
- Chiasson on poetry
Update/tz
- Schulz NY Mag 2012
book review



Park: BarnesWTF; Simmons, Sal

Dinner w/ Nikki (Italian Market) of Hamilton
Wonder(n): the absence of answers; the experience of awe.

Prayers and personal ads are only answered when a person dares himself, his own needs and penitences, so movingly that he conjures an "arriving" presence when none existed. - Chiasson NYR

We can't always know which of our current beliefs will someday seem ethically indefensible - to us, or history. The bonds of a community are just too powerful, and the aperture of its lens too narrow, for any of us to know with certainty that we are acting more freely and seeing more clearly than those whom history has now condemned as wrong. - Schulz p 158

Human War and sport give

humans a clarity of

focus that life as a whole,

in all its complexity, withholds

Politics is a form of Anger

Leopard Constitution 2011

Parker/Hitchens 2006

TV You're the Worst >2

Last Man on Earth ("bunch")

anal sex, picnics

Moving furniture (and dodging kids) at Carolyn's

J. hn's.

Talk to Oguchi: Valentine's Day Spectacular set Feb 14-20,

I don't think this ended up happening.

We had spent V-day together early that

year (2015) while she was visiting her brother

in Boston.

November 8 - 11 (2015)

This morning walk in Lower Manhattan was the first time I bought & listened to the Hamilton Broadway soundtrack straight through — an At morning.

perfect walking conditions!

Sun Nov. 8, 2015

BLISS HAMILTON

6th - Houston-Wilberday - Chambers-Broadway
Battery Park (Vision in deep red pants) - Harbor
Greenwich St - Hudson - Hamilton - High Line - 30th - (3) Train

out himself
for infidelity?

MegaBus madness @ 34th ~ Hamilton (reprise) as Sun sets over NJ

Dasha

Me

1995/1996 memory Woman near of the most beautiful ~ Staten Island Ferry
(X) I'd ever seen. "I need to know if your sweet love is going to save me."

Excited About: XC regionals; walking commutes; Cooking (thru) Eagles
Finch: Schulz book

Catch up w/ Mom & Dad on Couch; Talk w/ Neena (Stay Up Late (cont)); Master of None

2nd 1:30am

7:30am

Hume Anti-Rationalist?

Beliefs are really "rules

- Alvin Copernic

Hume, Buddhism, Sartre

for action." - William James

Theoretic Instinct: part

of human nature. & good name

for a band or podcast.

→ Delusional Beliefs (Roy's lagging

about Iraq 2003)

Sally-Ann experiment <4 yrs

Belief: Sometimes we just

* (WTF LORNE)

2nd 9:10-5:00

IGNORANCE. IDIOTY. EVIL ASSUMPTIONS

We impute bias and self serving

impulses to OTHER people's beliefs

all the time, but not to our own!

When other people reject our beliefs,

we think they lack good info.

When we

reject their beliefs, we think we possess

good judgment!

very astute observation about human nature

• Back @ home in Bryn Mawr

① Adam's sister
② WTF podcast with guest Lorrie Michaels

perfect walking conditions!

Left Manhattan on a bus back to Philly late afternoon.

my first date w/ Tiff was Aug. 27, 2016

November 15–17 (2015)

• all days in Bryn Mawr, PA

I re-read the Thornton Wilder play in Nov 23 & was reminded of its simple power as a reminder to appreciate life NOW.

Friday night, Nov 16 1962
M&D first date - Hartford
HS prod of Our Town

GOOD Pod: Carlton Common
START 3.0 mix Sensors
TO THE DAY

Mon Nov 16 2015

- Finish Saks "Altered States"
- NYr / Westboro Twitter Megan
"Unfollow"

hmm Resiliency; Quickness @ taking offence
How does it relate to 4 Agreements and
not taking anything personally?
Pod: Simmons/Sal → Ludington

Read John Jay introduction, NYRB Luc Sante book

7:00-3:00 sleep

Netflix: Beginning of Mulaney Special



WhatsApp:
Gillian

Henry Clay 1777-1852

(Telegraph tech in US

1843, 1861 won Nobel Peace Prize)

Tues Nov 17, 2015 50° 3:00

- Gates, Energy Independence
- K Schulz / Weather in Literature
- GQ: Simmons/Obama interview
- CHEKOV: About Love

According to Hitch, Karl Marx's favorite epigram was, "Everything must be dialected." "Conflict may be painful, but the painless solution does not exist in my case and the pursuit of it leads to the painful outcome of mindlessness and pointlessness; the apothecosis of the ostrich." -Hitchians.

N 3 CHILL: 1. Bourdain - Jamaica
2. End of Mulaney.

Meatloaf
Sweet Pot
Grenadines

"Slowly, her fears about God's judgment - the first terrifying understanding of her faith as a child, and its most stubborn remnant - faded." - Chen, NYr 11-13-15

Sun Nov 15 2015

- Armstrong, History of God

- Franzen, Koyaanisqatsi 2011

- Hitch, Letters...

(Emile Zola / Drayfus)

Specific." - Franzen

Gillian (M/Dream)

Humans personalize unseen forces and make them into Gods - but w/ human characteristics - so that we can relate and express an affinity. Passion = 1/2 Obsession + 1/2 Love with those mysterious powers and feelings. - Armstrong (paraphrased)

✓ Sense and appreciation of the numinous (Yes)

✓ Ability to understand the origins of the world (No)

✓ Need for an official system of behavior (Can argue that through observation of life)

← black raspberry HOLISTIC VIEW OF DIVINE CIRCA ~pre-monothesism ~ TWO SPHERES

The gods and human beings shared the same predicament, the only difference being that the gods were more powerful and we mortal. - Armstrong

Re Jacob Beth-El story: "People would continue to adopt a particular conception of the divine because it worked for them" (1), not because it was scientifically or philosophically sound."

Tradition Alert Chilaquiles and bogs on Sunday nights

Bourdain was still alive. He killed himself 6/8/2018

Alas! Celebration! Community!

PARTS UNKNOWN BORNED

Thus why the term 'God' in its current context in the Western world, rings hollow.

seem so unfamiliar to modern eyes.

① What does "it worked for them" mean to me? That the belief system and attendant community rituals helps them live a more 'meaningful' & contented life. (I always thought Christianity "worked" for Mom, but not for me.)

all days in Bryn Mawr/Philly

November 18–20 (2015)

write Franklin Pierce's bio

Ludington @ Dark:
Person Tango Tea
Jim Throp 8/10
Btw the World & Me - Carter
scale of frontier dispossession
222
Chat w/ Gillian 12:45-6:45

Thurs (cont.)

Shrimp
Quesadillas
Salad
Apple Sauce

The question is unanswerable, which is not to say futile.

- Carter

Reddit Audio Msg

from Casselman

First listen looking out on bright morning sky - BLISS

Fri Nov 20, 2015

Beginning of 30/30 - Dupont

Binary Constructions vs
More advanced constructions.

Subtle question of language.

- Ta-Nahezi

- AI NYr article (cont) → "The future will be an ever

more demanding struggle against the limitations of our intelligence." - Norbert

artifice /'ärdəfəs/

- RR: NYRB "Under

polemic /pə'lemk/

the Spell of Yoga

ascetic /ə'sedik/

Union

How can the body and the

Yoke

Yoga

Wiener

The experience of pleasure

as related to the exp of presence

Shoulds us coulds

Koran: 609-632 CE

always beyond the

absolute human grasp, methinks

(HM) I am not interested in renouncing the world as much as I

am to experiencing it with presence and less attachment to

the idea of permanence. GSE

DOC

(Harriet) → NHSL

Spencer

→ 30th st

And Jordan

→ Audio Msg

to Cassie

→ Locust Walk

(Pennfield)

Space

5pm

SHARP

Parmesan Bar

Harvest dessert

Surfing Atepuff

SW Dive Bar GAT

Skeptron @ Nikki's

Wake up: 5:30 am...

home by 7:15 am out

DOC

(Harriet) → NHSL

Spencer

→ 30th st

And Jordan

→ Audio Msg

to Cassie

→ Locust Walk

(Pennfield)

Space

5pm

SHARP

Parmesan Bar

Harvest dessert

Surfing Atepuff

SW Dive Bar GAT

Skeptron @ Nikki's

Wake up: 5:30 am...

home by 7:15 am out

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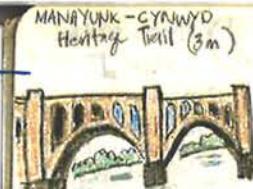
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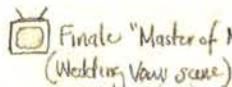
Ah, nostalgia.
This was our first 'training walk' for our July-Aug walk across England.

② I love Mom's open-faced Ruebens

One of my favorite poems... probably because much of my life has been strolling through the fields of life."



w/ Dad



Mon Nov 23, 2015

Woke up @ 1:37

DEAD OF THE NIGHT

- Gopnik on Scientific groundings. Coffee 3 E. Muffin @ 3 am
- Ben Carson, NY 11/23/15 3 Marco Rubio profile "Like most popular political candidates, Carson promises to deliver his audiences from politics." - K. Sannich

Finale "Master of None" (Walking Vans scene)

7pm ② Reubens

Morning:
Start-up
3.0

I don't know exactly what a prayer is
I do know how to pay attention,
how to fall down
into the grass, how to fall down in
the grass, how to fall down in
the grass,
how to be idle and blessed,
how to start through the
fields,

which is what I've been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?
- Mary Oliver

Pods: Carroll-Garrett/Simmons-Sol

CARLINO'S DINNER: Flank Steak / Mushroom Risotto / Cherry Ginger Ale



Womens NBA
Record 16 straight
want to open the season
Dismalized Lakers.
A back-end to career
from night Esten and I visited in 1997?

hmm

Babak corrected
me this weekend. Twar
1998.

③ From "Angela's Ashes" which
has always been a primer for me in
how magic can happen when a writer
finds their own unique TONE.

November 21 — 24 (2015)

Tues Nov 24, 2015

McCourt (cont.)

FARGO

3.0

HUAL

3.0

Patricia Suisse

New Jersey

Apple Stand

w/ Spencers

Christy

③

The master says it's a glorious thing to die
for the faith and Dad says it's a glorious
thing to die for Ireland and I wonder
if there is anyone in the world who
would like us to live. - Frank McCourt

Technology of Thinking

Life as any tech, it can
be used for noble purpose
or for the one and
often both (or it is)

Frank McCourt, NY
6/10/96

Simmons, Morris
Lichtenstein (Adole)

No doctrine or dogma will
ever provide a short cut for
critical thinking and moral
judgment - Brainpickings.

Photos of my favorite
friends from HS.

Leh Marcus
"Gold Little Bird"

Albert Einstein
w/ 1000 top used words

Pink/Purple Sunburst
1997

Babak corrected
me this weekend. Twar
1998.

① I've loved Karen Armstrong's way of writing about the broad scope of religious creations by humans ever since hearing her interviewed by Terri Gross on Fresh Air in '09

when I was walking thru Maryland.

NHOL --> Bryn Mawr

3.0
Fresh Air
(Abbas)

Ludington
Library

NY Radio Hour
This American
Life

Sweat n' Thrift
Aldermore

Sat Nov 21, 2015

1. Molly Seidel (Notre Dame) 19:29
New Mexico Team Title (49)

2. Cherek (Oregon) 28:45
Tiernan (Villanova) 29:11 !!

3. Syracuse Team (82)

Fall n' sleep reading History of God

④ Designed to keep the people in reverent wonder
Asked more Qs than gave Ans.

Sat Nov 21, 2015

20
ROSS
COUNTRY CHAMPS

NCAA

WOMEN'S GK:

1. Molly Seidel (Notre Dame) 19:29
New Mexico Team Title (49)

2. Cherek (Oregon) 28:45
Tiernan (Villanova) 29:11 !!

3. Syracuse Team (82)

④ Designed to keep the people in reverent wonder
Asked more Qs than gave Ans.

Sun Nov 22, 2015

express things as probab-
ilities instead of facts

hmm

The Gap Between what
We think and believe and what

actions we sustain in life.

Brainpickings

Artificial Intelligence Engineers
Survey: 50/50 chance of
achieving human level AI by
2050. I will be 78.

Geoffrey Hinton (Google) guesses

No sooner than 2070. I will be
dead.

(Smaller/soarer/active)
CROW

vs.
RAVEN

(fluffy, neck)
Kemi
Tau
Belle

Newt!

Leh Marcus
"Gold Little Bird"

Albert Einstein
w/ 1000 top used words

Pink/Purple Sunburst
1997

Effectiveness rather than
philosophical or historical demon-
stration has always been the hallmark

of a successful religion - Armstrong

seeing a murder
of crows sun.
morning @ HAV

If I come back
as a tree or a
CROW
Or even the
wind-born dust,
find me on the
ancient road in
the song when the
wires are hushed...

- Paul Simon
"Everything About It
is a Love Song"

→ The Q is who is using that tech: Joanne Poorman
or Jerry Falwell?

I love a morning drive

November 25-27 (2015)

I love a sunny but cold Nov. day

Simsbury, CT

I've continued the tradition of listening to this pod on this walk

Walk down Owens Brook to the walking path re-listening to Gopnik/Tippett

-Auden Poem
-24/42 min marks
-Japanese Poem
-Carl Popper

2012 9:30pm

Thur. Nov 26, 2015

TO DO: Buy The Good Book

THANKSGIVING

Sat w/ Melissa, Danny, MEAL
Allie - Kept it to one plate ...

Then over did it with 

different ways



different consequences

Watched The Machines

(Danny's Pick)

not binary

1:15 - 11:45

On the road to Simsbury

Pods: HOB, Paul Simon,

Simmons/MBJ/Rindstott

Eagles

Busiest Starbucks Danbury

Sunny
Gold

Wed Nov 25 2015

Fly me to the Moon

-Gopnik, Sinatra bio

"History is what we have to struggle to remember, even when legend is more pleasing." - Gopnik

[I.O.N.K.T] - John Lennon was an angry, mean drunk

Humans are pleasure-seeking animals.
First step is acceptance

Paraphrase: The BIG questions can't be answered definitively, they must be "lived" so that we might "gradually, without noticing it, live along some distant day into the answers." - Rainer Rilke

124 Osborn w/ the
Bar Worths
Chips

Wissahickon

M Rilke (1875-1926)
S Rumi (1207-1273)
T I Gibran (1883-1931)
C S

Died the age I
am now (51yo)
Three score &
six

Only made it
to ~48yo

We ARE ALL JUST MANAGING REALITIES - Sturge

FOG YAHN 8:30
Simsbury Starbucks

Fri Nov 27, 2015

+Tis, McCourt

w/ Katrina (14)

Memphis / Texas

1 hr 20m convos

Patrice Notes:

-Full moon

-Wisconsin

Guy - Gita

-Cam 2 Cam

-Nude Beatches

-Hotel Motel

(Standard NY)

-BDSM

-Spanking

"Good Girl"

(Clarke Sharp)

"Daddy"

-applied

affection

-hair her

name

-following

instructions

Eggs, Bacon & more
coffee

Salad, Guac & Chips

Discussion w/ Dad,
Nyah about MLK,

Segregation, Coloring
of Bear, Relative Scale

The discharge of heat
into the air by

lightning, not

knowing as much as we

Movie Day 3 Night

Fruitvale Station w/ Mel
(teared up)



Easy Rider w/ Mom, Dad,
Nance & Den

 (maybe worst
movie I've ever
sat through)

Patrice
Part II

2:35-2:45
mark

...Then

FIRESIDE CHAT w/ NANCE, DAD think we do and not
\$DEN: Ireland, Edinburgh, UK trip, taking insults personally

Weed legalization, 1968 family
history, mortality, trains

and bikers across Canada & US.
white wine, what is Scotch, Beatles history
old movies acting

LOL McMurphy's

Story about Debbie's
threesome

I never feel worse,
or less astonished by
the beauty of Life,
after reading poetry.

Yet I never read it
enough — maybe bc
it is the quietest of joys
and my mental reward
system is usually craving

Messenger (Mary Oliver)
My work is loving the world
Then the sunflowers, then the hummingbird —
equal seekers of sweetness.

Here the quickening yeast; here the blue plums,
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?

Am I no longer young, and still not half-perfected?

Let me keep my mind on what matters,

which is my work,

which is mostly standing still and learning

to be astonished.

The phoebe, the delphinium, The sheep
in the pasture, and the pasture.

Which is mostly rejoicing, since all

ingredients are here.

which is gratitude, to be given a mind

and a heart

and these body-clothes, a mouth with which

to give shouts of joy to the moth

and the wren, to the sleepy dug-up clam,

telling them all,

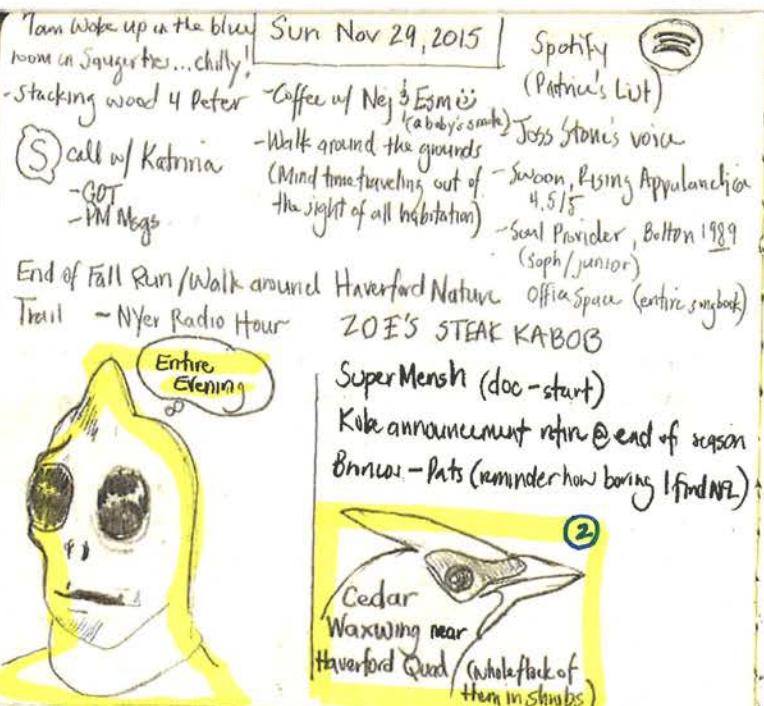
over and over, how it is that we live forever.

November 28-30 (2015)

• Drive back to Bryn Mawr, PA

② Cedar Waxwings are one of my TRIUMVERATE of favorite birds along with:
Baltimore Oriole
Scarlet Tanager
All rare to see in these parts.

This is a sketch from the 1970s kid's show 'Land of the Lost'. For a while I used it as a funny shorthand for time I 'lost' hearing the phone lines looking for an exciting woman to talk to.



Mon Nov 30, 2015

Walk to Haverford: Burr/Rosen 22m Scientology bit
Operation Paperclip (hmm)
Track Girl Stalking @ H.L. Video interview Tierman
"I think we lose track of the literary energy needed to break down taboos in a time when the taboos have so entirely fallen." - Gopnik (on women readers of Updike & Roth)

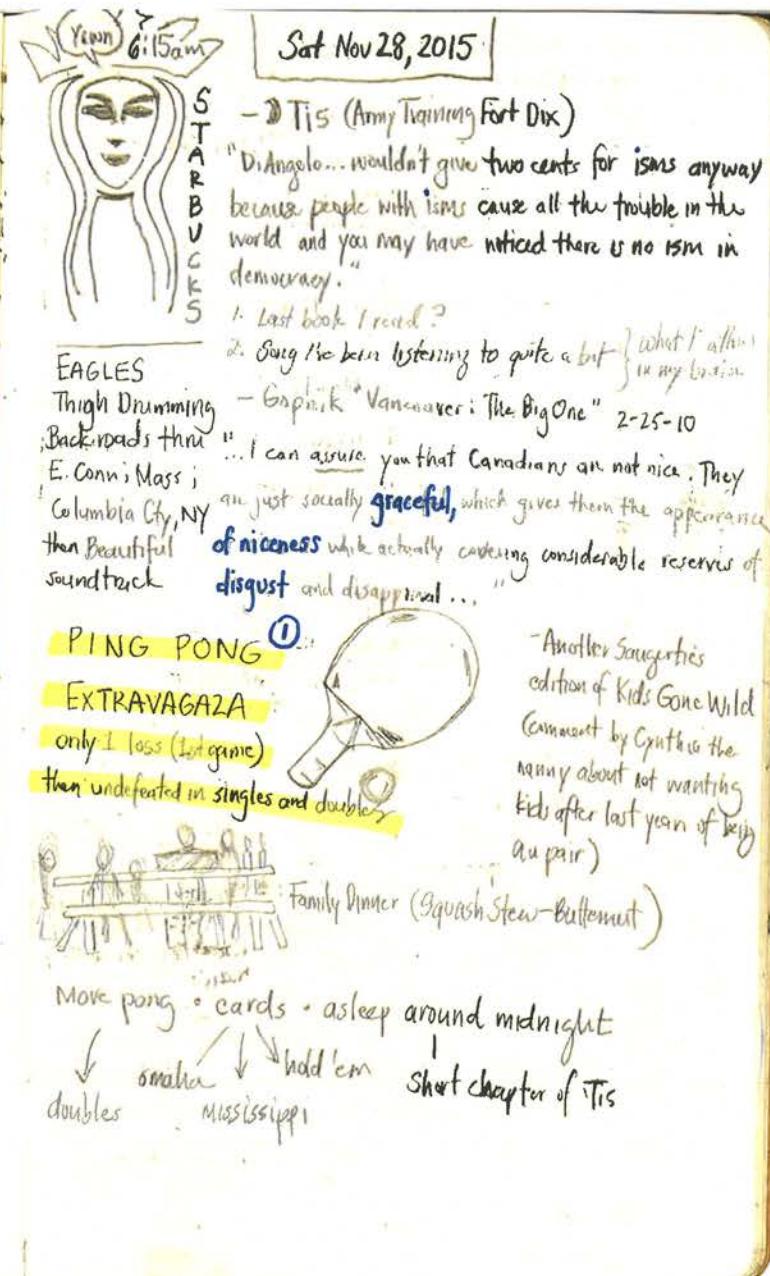
Wernher von Braun (1912-1977) Rocket Engineer NASA & Nazi Germany

Wall home. Smokey/Sel, then Jenny Portland (France)
Gopnik BBC4. Walk to CVS
Straight to Gym 3.1m
Stopped Eating 7pm
- NYer Comments in bed.

TP Turkey Chili, Pizza, Warm Bread, Pumpkin Pie

When it comes to sex with children or by force is wrong, the rest is just the human comedy, unfolding as it will 10:30pm

I remember the EXACT lane I was walking on when I first heard this. So succinct & true, & yet so foreign in its relative freedom to what I was taught through word & osmosis growing up in the Presbyterian church!



① We'd held Endel's bachelor party weekend here in June & rented a ping-pong table. Endel's brother-in-law liked it so much he bought one by November ... so now we had a perfect place to go at it on the top floor of the renovated barn.

• Drove from Simsbury, CT to Saugerties, NY to visit Endel @ his sister's house.

Since 2015, Saugerties has become an enjoyable get-away for me ... with a STRIKING view east across the Hudson Valley. In Feb 2018, Tiff, Taylor & I would watch the Gulls win the Super Bowl there!

• all days in Bryn Mawr

December 1-5 (2015)

In 2012, we visited Newport, RI together

pronounced "Jill"
(an Aussie)

Skype Call

from you -
know-what!
(stroke town)

NO RUN ::
WALK TO SPENCERS
@ 9am (Simmons on Kobe) Vigilante's Office in Philly (Gout)
Stay until 3:45 [Overheard compliment by scheduler] one never forgets a random compliment

Walk to Acme (Hamilton) \$40.90 dinner Strip Steak
- his rap in bottom field @ Haverford Roasted Potatoes
Garlic Steamed Broccoli

YUM!

⑤ Nikki Charles 10:30

Walk to Ludington (To: Beccles, Gopnik)
- Read bit of Burr, Sir from Football Fallacy, Gopnik

hmm 1850-1850
A "moni" ice age?
(certainly Europe, at least)
5K (Laughing on tread) - Diane Birch YouTube
MIB re: Roxy poetry - "Stand Under My Love"
Patrice Recs:
Betty Page Doc (Hulu) Last 30 seconds - my meg
The Monk (+sex) Nails!
Song story Gopnik Gill

⑤ CARMEL MAST Pod. Simmons/House
@ crusted Starbucks

Bettie Page Doc NETFLIX
(fetishistic complexity of desire is timeless)

15 @ Haverford

Patrice Laundry meg

Omelette Night 1 day early

The Take DAY 1 A Fuckin' Break Tour

Another Caramel Mac

A VERY MURRAY X-MAS musical

Sat Dec 5, 2015 NO RUN

- Gopnik, Table Comes First, Walk → Startup
- Gopnik, Moth video. Walk ← NYer Radio Hour

Mom and Dad visit @ Spencers

A Very Murray X-mas has become a yearly holiday watch for me since this first viewing in 2015. It's tone of bemused melancholy set inside the Pierre Carlyle hotel in a Christmas Eve blizzard is (chef's kiss) Also, great soundtrack

(hmm) I couldn't learn | Tues Dec 1, 2015 | My List of Non-Human
operations as an adult | because I couldn't be ① - Thurpca on learning
childlike in my exploration | RAIN RAIN
and failure | Italian 3.1
"I track certainty, > / HUM
Excited About Dec. for uncertainty." / HUM
- Steak Night (Keens) [Metamorphosis quote]
- Letter Writing
- Transparent
- Gopnik Books from Library
- Spotlight night (Ento!) Full IP
- Continuity of Christmas

Pods: Gopnik on Anxiety Dec 4
BBC4 - Rumi
Gopnik - Life of Nazi metaphors
How to Respond to a bad review

About the coverup of
Catholic sexual abuse in
Boston



⑤ 9:30

[Sixers beat Lakers - last Kobe game in Philly] CH 3.1 | Wed Dec 2, 2015 | GWA
Seebeek katrina

⑤ Nieoma Jeanine (GA)

⑤ Past midnight

- Scotch Whisky NYer article
- Dapper Dan, NYer 3-25-13
HOME ALONE IN THE EVENING.
4-6pm Land of the Lost
6pm THAI FOOD!
- Massaman Curry
- Sautéed Calamari

① I spent ~6 weeks in Guatemala (Xela, mostly) in the summer of 2001 trying to learn Spanish.

Comforting
MYTHS:
we need a few,
just not two
many, and not
thought to be
objective truth.

Gone
Wild.
Audio
(a subreddit)

December 11–13 (2015)

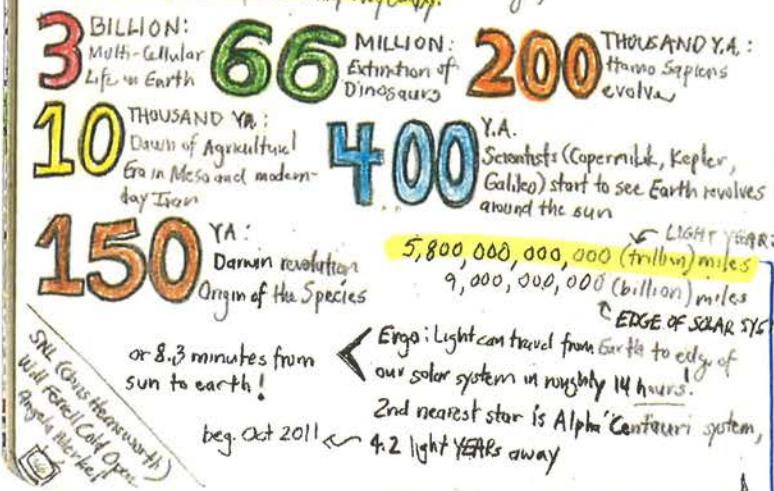
1 & 2 seasons I ... lost the same zest for
season 2 binges me after that.

Bill was always super kind to me — & such a huge supporter (& host) on my '09 walk to New Orleans. (I'd forgotten he died a week after Brad)

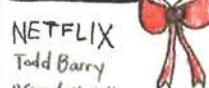
8:00: Drove back to Bryn Mawr @ 8:30am

just one of billions of galaxies!

vast
SCALE
of
LIFE



Bill Evatt passed away Sun Dec 13, 2015
Mom texted me as I got out of the subway @ 137/Broadway
Rest Peacefully Bill. You made my world a brighter place. I'll miss you



Nap

NETFLIX Todd Barry "Grand Theft"

Coffee @ Unfettered Opposite Way Memory Palace
"Butterflies" Convent → 150th Dan Carlisi Common Sense Jeffrey Tabor Fresh Air

Home @ 10:30am / Call Night Exchange
Talk w/ Jamaican woman just out from church

words to live by!

"But then the last man who ought to point that finger is always the one who does."

(Note to self: Look inward when desire to point fingers rises up) — Gopnik / Galileo Article

My thing is, all sorts of irrationalities can be fun to indulge, so by all means,

indulge if you will, just don't convince yourself it's not an irrationality. Face at least that intellectual honesty. It doesn't have to kill the fun.

(Gopnik: Galileo might have believed in astrology)

I'm fascinated by recognizing the folk orthodoxies of this time (hmm)

transparent



Fri Dec 11, 2015

"Another word for obfuscations might simply be 'lak'."

in-ter-lak-yuh-ter

3. A person who questions

Some virtually

indefinable truth

or indistinctly hypothetical

made of perception,

and that if you look, the world of

your whole world might subside, +

forever in some delirious state of

orthodoxical improvement.

Secrets Childhood Trauma

Looking for love outside myself

No Accepting What Is

Worries 20TW 24-0

Be Seduced

5) Gil

(can't keep doing the late night thing)

Awake @ 6:20am

Back to sleep 'til 7am

Off my routines/Change clothes/Forget Gloves/No caffeine

Leave Apt @ 7:45am

Audio: Todd Barry + Jeselnick then Clash of Birch!

Park @ 150th St. Nick

BLISS walk Memory Palace (no. 116,842). "let my mind wonder"

Jacob's Pickle packed!

45 mm waist

Branch w/ Visula

filling out dear jeans like a motherfucker (LOL)

Santa Con

Bill Burr, Sir!

MADISON SQUARE PARK

DAKOTA BAZZ 10:30-2:20pm

Advice:

KEENS

(with Spencer

a "chronic kicker"

reads a bit too hyperbolic for how my brain is wired.

drive to NYC

BLISS walk is high praise for a walk, the highest maybe.

Tip Nick Cage

Just a glorious day of flaneur-ing thru Manhattan

I believe this is the night I predicted Ray would be married by 50. Four years later — he was.

This blows my mind
(as does the fact that space itself is expanding 'faster' than the speed of light at vast scale)

December 14 - 17 (2015)

• all day in Bryn Mawr, PA
I was reading Adam Gopnik's book, "The

Table Comes First"

① Condolence cards —
Jeff is Brad's brother
Jeanette was Bill's wife.

② I'm forever fascinated by this. There is a great Will Smith quote about it to — about what happens when you get to the "mountaintop" of your big goal — only to find it hasn't 'fixed' you & that you are facing the same internal struggles as before.

2b connected — we feel better IN THE PROCESS of striving toward a goal than after we've achieved it.

This is beautiful & I think Tiff & I achieve it!

WiFi then ☺

Wed Dec 16, 2015

Everything you know is wrong... then a verse missing out of this song. (hmm) What is our current "Interest Rates" circa 1300?"

Chumba Womba

DAY 3

Robin Wright, Arab Spring Redux

10:30am Walking Pds: Gaffigans

10:30am to Jeff, Jeanette HC Sinatra FA

Spinach Smoothie + Avocado Sushi Interest Rates

FARGO FINALE 5-6:30pm [Ravenous Evening] Anxious (Nails)

8:30pm Jeruba Turturk/Baldwin Hills am

Bowerman Night 7pm

Thur Dec 17, 2015

5 Nikki Charles Night 9pm - Nepal medical mission NYr

222 10:30pm - Gopnik, Recipe chapter

"Accept the Gospel of Good Living and the sexual problem will be solved" - Eliz Pennell

What happens when the external enemy is lost or disappears and one turns inward? What do we see? "The act of wanting ends up mattering more than the fact of getting." - Gopnik

Julie Wertz conix

The cycle of desire and disillusion is the game, not a sign that you simply haven't found the right drum and the proper execution - pamphlet

(hmm) My anxieties: is masturbation just a different manifestation-like fingernail picking/biting?

Adam Phillips (hmm)

Joan Acocella on Adam Phillips Our wish to be understood can be "our most violent form of nostalgia".

Allow people to just BE, without having to explain themselves. (3)

Rilke: I hold this to be the highest task for a bond between two people: that each protects the solitude of the other

- Ricky Jay NYr 4/5/93

YouTube Powerman Award

3:1 RAIN

DAY 4

③ I've never more quietly content on a walk than when internally practicing UOA - Universal Other Acceptance — just accepting everyone around me for who they ARE not who I'd prefer them to be!

He was one of the 104 I wrote letters to in 2019.

Yawn 6:00 am

Chat w/ Dad re: Astronomy Wormhole

8:31 10:30am - Talk Piece: King Charles, Lin Manmoo @ Art Museum, Trump Place, Chicago Police

ReplyAll 10:30am - NY blog: Rapo/Hanover Law

Mon Dec 14, 2015

Dalia

Pods: Simmons/Sal Todd B/Moshe Chaotic Dunkin' @ Lancaster/Acme

Aaron called from Palace Station ... but didn't leave a message (probably saw that Brad died on Facebook) - Remnik on John Kennedy restaurant - NY Prohibition books orig def: a healthy broth soup then the label migrated to the stores that served it in cans.

DAY 1

FOCUS

vs FLOW

"We read with we read, we dance, romance while we dance, we muse." - Gopnik

In a Catholic country happy for no reason; as we like France, the new sink, we search for pleasure. (a touch of pretense is plenty helped)

promote a more relaxed idea of pleasure.

should propel us out of our seat, Pick up Dad

vs 3:1 10:30am - HUAI - Bedtime, Parks NYr

on the task at hand. - Gopnik

8 yrs/working for me

African Queen

Walk Pds: Barry/Kasher The Watch

w/ Dr. S (Bogart Oscar)

Walked out of Starbucks because it was too busy and line wasn't moving

Carlino's dinner w/ Dad & The Four Falls "30 for 30 on Bills 4x faster" (memory got check: I remembered Norwest's FG was as shorter (it was 47) GOP debate tweets, then (222)

37:00-39:10

Moshe Kasher: I believe most of the problems in the world are based on people's desire to know absolutely what is true.

QotD (Question of the Day): #that's wassup

THIS I vividly remember listening to while walking on Hav Road just passed the college on the way to Newt's.

→ This might have been days away from the time sink of fantasy/masturbation/phone lines.

→ got my first one in 2022 & it wasn't as bad as I feared!

• all days in Bryn Mawr, PA

December 18–23 (2015)

② Most people might reject this thesis – I do not.

Walking from
275 S. Bryn Mawr Ave
Apt H1 to
250 Golf View, Ardmore
via Haverford College.

③ I celebrated going
7 days with a phone
"banger" with Jackie.

Another of my yearly
X-Mas re-watches.

Hm This must
have been the
APEX of my interest
in cooking thanks to
Gopnik – alas, it did
not form a long-term habit.
I hardly ever cook today (2024)

Leftovers Season 2 (ep 1)
@ 2:30am
nap 4–bam (Wind David
Sanders 3 Patriots/Dolphins
dream) 9:3.1
✓ Start-Up

Mon Dec 21, 2015 In the US, there is a suicide every 18 minutes.
Shortest Day of Year 66k mph 1,000 mph station speed (relative) 3.1

TED POSITIVE PSYCHOLOGY ① 90% of happiness is predicated by internal lens through which you view your world. Not external factors.

POSITIVITY IN THE STAR
Nothing that's human is alien to me – Margaret Mead
Walk 5th Street – Olde City – Locust-Rittenhouse – River Walk – Parkway Free Library – Vetri (Marin/Glazer)
commute to work Economy 3 ③ Jackie 222 12:21
"Can I Interest You, in Hanukkah?" ✓ Start Love Actually 8

World Philosophy chat w/
mom and dad over ② Tues Dec 22 7:15am
Afternoon 3.1 HUAL
Walking Pools: - Phillips @ Ludington
- Barry Neko
- The Watch Meatloaf/Beefs/Mashed 10
LOL convo in car w/ Neal about Davidson, blacks and women
- Gray on "Atheism" "we are all invited by the era we are
part of" ② 2 FREEMAN @ Penn Med AMER REV LECTURES DAY 1
Adams had sense of home in Washington "Loved" Liberty" 5 tips/ Burr, Jeff, Mad didn't confront Ham about adultery (so didn't duel < 1000c.)

4 min on one side, ② DAY 2 Wed Dec 23, 2015 "But Americans first critique of Paine can be attributed to our perfect for any problem of a bore" - Lepore on Paine → having forgotten the very thing about him that contributed most to his obscurity in the first place: his uncompromising condemnation of all the world's religions! - Lepore
YouTube Cooking Vids 3.1 (Research Great Funkinings)
- Roast Chicken, Pudding
Pods: Anna Saks, Georgia
September ② 222 Dr. S → Hamlet in Fog, Rain
Christina Card Night (M3D) HBO: 7 Days in Hell
Leftovers ep 2 NASA Reddit AMA

The Richard Dawkins
of his time.

"This marriage, in sum, is to re-ignite our sense of wonder." - cont Ricky Jay article
Pods: Finish serial ③.1 HAP
Simmons/House/Jackie (Skipped lunch)
Tenniel fill-in Jessica (dizz-amin)
F is for family Start re-reading Buddha Boy by G. Sanders. 222 9:30 DAY 5

Fri Dec 18, 2015 Cooking Day!
Almond Parm Crusted Tilapia is
6oz Tilapia/Red Snapper
Mrs Dash
Candied Almonds
Parmesan
Asparagus
Lime?
Spring Mix

6:00am ④ 15 HAP Sat Dec 19, 2015 Please come home for Christmas
- Gopnik Table Comes 1st (email Nikki C.)
Dalia pt 2 Poise Recipe - Part of Bangladesh Lamb Leg Bacon
Pods: Radiolab-Fix It DAD
NYC Radio Htr PHL-MAN
Booked!! ①
ACME/EMS w/ Dr. S LON-PHL
Walk across Polo Field @ 4pm with the quality of light/wind/PRESENCE
Sofia Coppola = nice voice 222 8:30 Too early DAY 6

The Challenge: How to believe in things, but not believe too much in those things. Is that the beginning of sanity – that low scale skepticism? It's informed by no principle or dogma, just the observer's eye that daily things (seasons, love, laughter) escape a single rule. (paraphrase) Gopnik

3am: Can't get back to sleep → SNL (eh, ting & amy) Sun Dec 20, 2015 more than the Civil War
↑ 5:30am ④ 15 HAP UNION LEAGUE
- Lepore on disease scares (700,000 died of flu in US in 1918) ④ 15 HAP
DEEP TIME (the universe, the earth, evolution) vs
QUICK TIME (our lives, ever numerous experiences we have)
vs
Old Boys, Old Girls, Edward Jones Fiction
Pods: Radiolab, Sanguinity, Israel/Nepal/Ukraine/India
45 min Anniversary Podcast ② 222 6:30!! DAY 7

Gopnik talks about this vis-a-vis Darwin
It's hard to think intelligently about DEEP time because the scale of our life/experiences is QUICK time. (100 yrs max)

① & so it began... my organizing our Walk Across Northern England Trip (Jul-Aug)
Bought these 2 tick w/ John's air miles.

must have been Dr. Spencer's 91st birthday.

December 24-27 (2015)

• all days in Bryn Mawr

(more words to live by)

wow!

① definitely in
my top 10 Xmas
songs



Dalia

Family News: Susan &

Jimmy back living together

Leftovers Eps 3 & 4



Itunes U

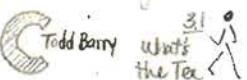
Niall Ferguson while ... is 31
then

Columbia Astronomy Lectures

4th State of Matter: Plasma
Bogard 12/15 from 'Cosmo

We are made of dead stars

Leftovers (Opening Credits)



Todd Barry

what's the Tea

Finish M&D

Xmas letter



(Dad) Spencer phrases while
"rollin'

"spooks" (near Yeardan)

"she was all wet" (re MB Spencer's)

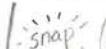
marriage

10-2

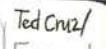
Abby Quest

Yeesh

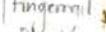
Saturday Dec 26, 2015



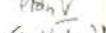
snap



Ted Cruz/
Fingernail



Pen V



(for Victory)

\$100
Escrow

Reddit GWC

catalyst

1000x yes

Walk Pods:

ReplyAll updates

Gopnik On Being (edited)

Turkey Stuffing Cranberry

Sandwiches!

-Finish Argosy Books

NYR article

!! (what all stars are
made of)

1000x yes

But things that defeat us can often

invite innovation, and as a fiction —

create the idea of the Truly remains

compellingly exactly in its — in his — plurality.

-Gopnik, The Good Book

superstitionism need: the care of sanity;

but humanism needs humility.

Leftovers Ep 5 & 6

CONTRADICTION CREATES
CHARACTER

IMPERFECTION INSPIRES

BEAUTY.

I had forgotten this comparison —

Adam & Garden of Eden snake as

Cain/Abel conflict.

Writing Workshop

Soup Kitchen

3.1

Ian Frazier

Farm Tale of New York

Argosy bookstore

400

Tea & Croissant

Pods

N.Y. Janet Malcolm

Senal (3) Diana Birch 2

listen

Gifts from Spencers:

Gloves, Wallet, \$

Menu:

Roasted Chicken

Roasted Sw. Potatoes, Yams & Onions

Honey Glazed Carrots

Butterscotch Pudding

DAY 3

Cooking 4:30-7:30, listen to Christmas music

6:30-7:30 Julie & Robert

Card

Drive to Del's Kelis from

Xmas breakfast

(SNL Vids/Basement)

Amre Spencers @

12:30pm

More Gifts! Sweater

Buffet (Chicken salad/casserole)

Walk home / Hamilton / Fresh Air Best of TV, Movies (Mustang)

Julie's @ 4:30pm Discussion Topics: The same mother

intellectual

and family topics: Carbon copy

of many years.

ALONE time.

(manic)

Robert slashed Julie manic, Essie and Lenore

playing happily.

Asleep by 11pm

DAY 4

③ This photo on Reddit must have really made an impression on me to draw it, because I hardly ever - before or since - included NSFW drawings in these journals. Okay, I just remembered one other time. But I still love NSFW subreddits. They are a feast for my eyes when I'm feeling some sorta ways.

① definitely in
my top 10 Xmas
songs

→ Only one year
left as of now
(2024) & this
still hasn't been
conclusively found.

② Last Christmas
(2014) was spent
in Scholastic —
John's last.

I am, have
been, and
always will be
an INTROVERT.

I recharge my
energy by being
ALONE.

(2015)

December 28 — January 1, 2016

The only constant is
CHANGE

'Let the Mystery Be' was also

the Season 2
Theme Song for
HBO Show
'The Leftovers'



Wed Dec 30, 2015

Leave for NY on Intercontinental
(Asiek Anini b.1974 from Norway)
Pod: Scene on Radio; no Santa
—Dr. S stomach flu

SKIP LUNCH
FRUIT + TEA

Cheesesteaks at
Deliosandros (by tapas) Laundry!

Steve King R.I.P.

3.1
Simmons/Sel

(Yanni)

8:45am Yelp!

Vision
on my Loft
Soma, Kenya
Joy/Tell/Tighten,
Natural Hair
Beautiful Lips!

Day 5
(hosted)
but V

Monday Dec 28, 2015

Gopnik on the **Mutability**
of all, including monuments

What is the tone / hum at
through the world?

direct, open, simple,
hospitable, sensuous, witty?

Post: Marc/Neil Strauss

3.1
Buer
SHAKE
SHAKE

Grantland review
of Strauss' "The Truth"

LOVE WITH
NO NEED
TO PREEMPT
GRIBEAU

DAY 4
LUCK
CRUZ

3.1
HUAL
Alexander

of all
this day God is the name by which I designate

all things which cause my willful path violently and

restlessly all things which upset my subjective

views, plan and intention and change the course

of my life for better or worse — Carl Jung

Attentive Engagement
with life, that is

Partying
Promiscuity
Feminism
Respectability

Prostitution unmasks the tension between bourgeois

respectability and lust. — T. Burnham

Especially wondering what and where
we all came from...

And we worry about where we're all

going when the whole thing's done.

no one knows for certain, so it's all

I think I'll just let the

mystery be.

As I 'marginate'
these journals

18 years later,
Israel & its

neighbors are
trapped in
another cycle of
gravitational
violence.

or "something"

interesting take: God —
that which introduces change

Arrive @ 14th
at 12:30

Cafe One/Memory
Palace

Thurs Dec 31, 2015
New Year's Eve

3.1
M.B.
Bozo Midrash story w/ parting Red Sea "I am a big fan of
delusional optimism."

Down Amsterdam with Marin & Bill Burr, sir.

Black and white duck diving in Park / Around the Reservoir w/ Paul Simon
(*American Tune* I'm sure)

2:30-3:30 walk w/ no pods along Lex and Park down to coffee by
39th & Madison. Cross town on 38th then up 9th - Chat to Pascal

Central Park West to wine shop at 116/8th. Back to car listening to
Kliph Nesteroff on Comedy history.

SICK

Fri Jan 1, 2016

GASTRO-

ENTINITIS
(Noravirus)

Early part of day on Misula's couch.

Left at 3pm - got home 5:30pm

In bed rest of day and night. Vomit 2x

Tues Dec 29, 2015
"Israel is a country founded
on spilled European blood and
transferred pain... both

of Israelis and those they
displaced." — Wilkinson "He who struggles with God" (Playground)

"There understanding of the world was such that
large portions of their thinking were ceded to
supernatural beliefs and explanations." — Phillips

"Only someone who gives you satisfaction can give
you frustration." — Phillips. / Do I insist on hearing
how much I am loved?

— Leslie Jones NYr, Andrew
Marantz tip - Freud
— 5:30: My Demands, Rudnick (HAR) *key 3 Pele binges

Clip: Rooftop Party (Louis CK/Jay Pharaoh (HAR))

Hamilton on walk to Ludington LEFTOVERS 7/8
Pickup Jefferson/Adams Letter

Read NYRB 12/17 Peggy Guggenheim
Prostitution unmasks the tension between bourgeois

respectability and lust. — T. Burnham

"Sex work" (being the parlance of our time)
in general does this... & at wider scale now in
the age of virtual sex work. i.e. cammers &
OnlyFans, etc.

I fit a lot of life into 2015. And death for that matter. It dawned while I was staying with John in

Schoharie as he was dying, too young, from ALS. Easter is when he died.

I moved back with my parents in Bryn Mawr without much of a clue what I'd do next. But first — Endel's bachelor party in Saugerties, NY in June (same month as Dad officially retired). Then

Patty asked me to work with her 90 yr old father, taking him out for lunch every day. That became

what I organized my days around, but left me plenty of flexibility to take off long stretches of time — like the entirety of a month in the summer to go to Endel's wedding (co-Best Man!) and then drive

2015 In Review

THE BEST : OF 2015

Walks:

- North of 115th to Inwood / Fort Tryon (Clair/Buds/Blo Grounds/Highest Point)
- Hamilton Soundtrack — Lower Manhattan
- Sunday Walk around Birkley's Lake of Duval (Intra) **Dvorak**
- Oakland Cemetery Walk (Achille/Smith) back down to Lake Merritt
- Griffiths Park — Two Branch / N.Y. Fielci / Eagles (Commercial Street)
- Wingham (Sinatra), Goderich (Lake, nap on bench), Stratford (Mercury Patrol)
- Washington Mall Loop (first NY Radiotr. Death Six Money, Botanical Gardens)
- Adirondack hike w/ Endel and crew — day before wedding.

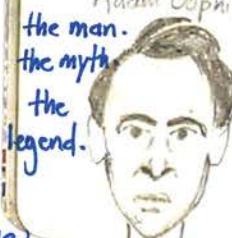
Random moments: Giving toast at "Stargazing" Tap Ridge; Singing Country Cover btw Bauson and Baker; Pick-up Football bomb to Ivan; Looking out over Bay of Ojeda; Molly in John's chair on Easter aft.; Memorial Service speech, seeing Heidi, chortling up; Feeling the desire walking Vegas @ night; The month of writing, the day of Resence (Haverford); Ice cream @ Handel's w/ Newt; Date w/ Neoma in Tulsa (flirting/expectation); audio recording of Daria; around firepit Nov w/ Nima, Dan, Dad, Ping Pong in Saugerties; flight of beers w/ Rick @ Butcher Bar; hearing Frank F. had died (Shore); Hearing Brad had died (alone, in HI, Anita call); coyote sighting w/ John

Birds

WRITER-OF-THE-YEAR

Adam Gopnik

the man.
the myth.
the legend.



- Scarlet Tanager (Central Park)
- Goldfinch
- Soaring Hawk (Haverford)
- Cedar Waxwing (Quad)
- Cardinals
- Blue Jays

SPORTS MOMENTS: SB Butler INT w/ John, Peter, Matthew • Villanova (M) 4x1600 wr @ Penn Relays while I watched Jumbotron • USNNT World Cup Final Coal barrage • Bolt 100/200 @ World Champs (T-Pyle) Huddle 4# (Infield @ the tap) • Fantasy Baseball Draft last few days of John's life • Bautista's bat flip HR • Basketball game in Adams

from there up into Ontario & then west back into the US and all the way to the West Coast (& back) in my dad's old blue Pius. Ah, the freedom of the open road. I returned

from that sojourn on Sept 15 — a day after turning 42. A month & change later I started these moleskin journals on 10/20/15 when I documented my life in more granular detail.

(Oh, between Sept 16 and Oct 20 I made it up to Hebron ... where it all started for me in life.

from there up into Ontario & then west back into the US and all the way to the West Coast (& back) in my dad's old blue Pius. Ah, the freedom of the open road. I returned

Movies:

- Ida (Boston hotel)
- Spotlight (Dad/Bryn Mawr)
- Tangerine (alone Ritz Barge)
- Burns Baseball (w/ John)
- Creed (KoP)

Writing:

- The Left Shark \$3M

TV:

- Transparent
- Fargo
- Better Call Saul
- Schumer (12 Angry Men Sketch)
- Man Seeking Woman
- Game of Thrones
- Brooklyn (Beginning Ep.)
- Last Man on Earth (w/ John)
- Last Stewart Daily Show (J. Williams Springsteen dance)
- SNL Hello post-tape
- Thanksgiving sketch

Random (cont); Dad & I walking Manayunk bridge (Big Daddy); Coming up with the Ted Cruz fingerpaint idea (Dec); East African woman on the Broadway treadmill; night drinkings w/ Ray's friends @ Dakota (dating advice); Cece grinding up at me at hookah bar on Ray's bday; Reading fence lines on phone w/ Joy; how hard to SD phone line woman made me C (Abby too); Befriend Russell Nadel Lecture @ 76th/Broadway; Reading Szymkowska @ John's table; Night w/ Carla after meeting at Springfield Mall; 2 Meals w/ Nancy H (bday VA/Battinson) Topridge waterslide; ever talked w/ Katie's USA friend wedding walk-up; Hot Adams runs AM, hot Volleyball (and pick-up hoops); So Beautiful + picnic to NYC: waiting for pup RIP: John (1950-2015); Frank Frankhofer; Van Frankhofer to arrive at Dad's retirement; 4th of July picnic churchcamp

*I wish I had been journaling like this on my cross-country trip but, alas, I can't have everything.

L'-fucking - Chaim!